

Community First New Forest

New Forest

Directory of Services

(Community Support)

Introduction

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

For further information contact:

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

Telephone 01425 482773

email support@cfnf.org.uk.

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Any entry in this directory with a 'D' alongside it indicates this organisation is recognised as dementia friendly by Dementia Friendly Communities

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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 01962 841534
Southern Water	0800 820 999

Community First New Forest

Community First New Forest

www.cfnf.org.uk

General enquiries Archstone House Pullman Business Park Pullman Way Ringwood BH24 1HD admin@cfnf.org.uk	01425 482773
Call & Go Transport service for older people & those with disabilities, who require door to door service locally. callandgo@cfnf.org.uk	0845 6024326 01425 482773
Community Support Personalised support to help people stay safe and independent	01425 478005
Grandparents support group Grandparents who care full-time for their grandchildren cypservices@cfnf.org.uk	01425 482773
Home Improvement Agency Repairs, funding, adaptations and improvements for elderly, disabled and people on low incomes. hia.manager@cfnf.org.uk	01425 478005
Home Support Services Caring and Sitting Service homesupportmanager@cfnf.org.uk	023 8066 7080
Minibus Hire transport@cfnf.org.uk	01425 482773
Volunteer Centre vol.bureau@cfnf.org.uk	01425 482773

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 01329 225390
D	Age Concern New Forest Southward House, Beaulieu Road, Dibden Purlieu SO45 4PT www.ageconcernnfe.btck.co.uk ageconcernnfe@btconnect.com	023 8084 1199 0800 085 6625 Freephone
D	Age Concern - Gardening Has list of certified gardeners in the area. Charges vary.	023 8084 1199
D	Age Concern Hampshire Computer sessions for older people Anyone over 50yrs who wants to learn about computers/internet/digital photography. Courses individually structured with one to one tutor. Learn at own pace. One hour booked session per week. Phone co-coordinator to discuss needs. Courses in Lyndhurst mail@ageconcernhampshire.org.uk	0800 328 7154
D	Age Concern - Computer Clubs Contact for times and venues.	023 8084 1199 0800 085 6625 Freephone
	Benefits Agency - Disability and Living Allowance Helpline New claim pack. www.dwp.gov.uk	08457 123456 01367 730222
	Bereavement Care (Cruse)	0844 803 0240 01425 628375
	Bereavement Register A service specifically designed to remove from databases and mailing files, the names and addresses of people who have died.	0800 082 1230
	Births, Marriages & Deaths Registrar	0845 6035637 01329 225397
	Blue Badge Hampshire County Council, The Castle, Winchester SO23 8UH	01962 847650 0845 6035633

Community First New Forest

British Red Cross Helps people live independently in own homes. Offers range of services - medical equipment loan, home from hospital, therapeutic care.	0845 0547 222
CAB (Citizens Advice Bureau) 91 Junction Road, Totton SO40 3BU The Grove, 25 St John's Road, Hythe SO45 6BZ 91-92 High Street, Lymington SO41 9AP (Also for Fordingbridge)	0870 1264 089 023 8084 5386 08444 111 306
Outreach at Twin Oaks Medical Centre, Ringwood Road, Bransgore	01425 672857
Call Carers Direct NHS Free, confidential information and advice for carers. Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines or you can request a free call back.	0808 802 0202
Can You Dig It (in Partnership with Red Cross) Gardening tool loan for 2 weeks trial before deciding to buy. Open 9.00am - 4.30pm.	01962 891669
Carers Allowance Unit Government benefits and allowances enquiry line	0845 608 4321
Carers Line Carers UK based in London	0808 808 7777
Carers Active Listening Line (Carers Together)	0800 032 3456
Carers Support Line (Salisbury area)	01722 322746
Carers Together New Forest Provides outgoing help and support, a variety of activities and relaxation days for family/unpaid carers.	01794 519495
Carers in Hampshire (The Princess Royal Trust)	023 8028 6342 07747 015868 023 8033 7735
Choices Advocacy Coxley House, 63 Millbrook Road East, SO15 1HN For over 16s with learning disabilities	
Community Alarms and Telecare	01264 405555
Community Legal Service Free legal help and advice	0845 3454345

Community First New Forest

Consumer Direct	0845 4040506
Crime Prevention Advice on safety in the home and crime prevention issues www.hampshire.police.uk	0845 045 045 45 01962 841534
Disability Equipment Register Service to help with the purchase & sale of used disability equipment	01454 318818
Domestic Violence Womens Aid 24 hour National helpline	0808 200 0247
Equipment and advisory service GP, Health or Social Care Professional or self referral	023 8071 8855
Elder Abuse www.elderabuse.org.uk	0808 808 8141
Enable Info and advice on disability - Salisbury Area	01722 416189
Energy Saving Trust www.energysavingtrust.org.uk	0800 512 012 0207 222 0101
Fawley Parish Council, Jubilee Hall, The Square, SO45 1DD	023 8089 0761
Fire and Rescue Community Safety - Free Home Fire Safety Visit for HCC Clients Ref Code ASHCC	023 8062 6809
Furzey Gardens Charitable Trust	023 8081 2464
Guide to Better Care and Support - Hantsdirect A guide to staying independent in your own home	0845 603 5630 01329 225390
Hampshire trading Standards 'Buy with Confidence' Source reliable local traders	01962 833620
Hazardous Waste Disposal eg light bulbs, batteries, oven cleaner Marchwood	023 8066 6376
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

Community First New Forest

Hythe Parish Council, The Grove, St John's Street, Hythe SO45 6BZ 023 8084 1411

Joint Armed Forces Legal Advocacy Service

Available to ex service personnel, MH Service users, physical disabled, old or infirm, those in receipt of DLA, Pension Credit, income support. Free service. Email: enquiries@jaflas.co.uk

D	Library (Hythe) Pylewell Road	0845 603 5631
D	Library (Blackfield) 167 Hampton Road	
D	Library (Totton) Library Road, Totton SO40 3RS	01329 225391
D	Library (Ringwood) Christchurch Road, Ringwood, BH24 1DW	
D	Library (Fordingbridge) Roundhill, SP6 1AQ	
D	Library (Lymington) North Close SO41 9BW	
D	Library (New Milton) Gore Road, BH25 6RW	

Library Mobile Service

Library (Hythe For people who can't access mobile library) 023 8084 1457

Lyndhurst and Emery Down Parish Council 023 8081 3218

Lyndhurst Welfare Charities 023 8028 3895

Marchwood Parish Council 023 8086 0273

Minstead Parish Council 023 8081 2375

New Forest Disability Information Service 01425 628750
6 Osborne Road, New Milton BH25 6AD
Equipment hire also available
www.newforestdis.org.uk
info@newforestdis.org.uk

New Forest District Council, Appletree Court, Lyndhurst SO43 7PA 023 8028 5000

OFWAT - Water Board issues 0121 644 7500

Organ Donor Register 0300 1232323

Post Office Counters Helpline 0845 722 3344
Postal, telephone, licences, money
www.postoffice.co.uk

Community First New Forest

Postal Preference Service (Reducing Junk Mail) 020 7291 3310
 MA House, 70 Margaret Street, London W1W 8SS
www.mpsonline.org.uk
mps@dma.org.uk

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

Relate - East West 023 8022 9761
 01202 311231

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

D Respite Day at Fenwick2 023 8028 2862

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

Samaritans 08457 909090
 023 8063 2888
SSAFA (Forces Help) 023 8070 4978

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

Shaw Trust (Hampshire County Council) 0845 604 4643
 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

Talking Newspaper 01425 622401
 Free service for visually impaired. News recorded weekly on cd, tapes, memory stick. Delivered to client free by Royal Mail. Recording then returned for reuse following week. until Nov 2012

Tax help for older people Local
 TOP Registered charity established to provide free professional help on personal tax to older people on modest incomes. Telephone manned and answer phone. 0845 601 3321
 or 01308 488066
 geographic

Community First New Forest

Telephone Preference Service DMA House, 70 Margaret Street, London W1W 8SS Register free to prevent unwanted calls. www.tpsonline.org.uk tps@dma.org.uk	0845 070 0707 02072 913320
The Pension Service www.thepensionservice.gov.uk	0845 606 0265 01851 767458 will still charge from mobile
Totton and Eling Town Council Civic Centre, Totton SO40 3AP	023 8086 3138
Tourist Information	023 8028 2269
Trading Standards www.hants.gov.uk	08454 040506 02081 850710
Victim Support	023 8064 5578
Vision Impaired - Talking Newspaper Free service for visually impaired. News recorded weekly on cd, tapes, memory stick. Delivered to client free by Royal Mail. Recording then returned for reuse following week.	01425 622401 until end Nov 2012
Volunteer Centre Vol.bureau@cfnf.org.uk www.cfnf.org.uk	01425 482773
Welfare Service/Veterans Agency	0800 169 2277
Wildlife Rescue (Salisbury area)	01980 862291
Winter Fuel Payments	08459 15 15 15 01912 187610 Still charge from mobile
Animals	
Cinnamon Trust Care of animals in absence of owner 10 Market Square, HAYLE, Cornwall TR27 4HE admin@cinnamon.org.uk www.cinnamon.org.uk	01736 757900
New Forest Pet Sitting 37 Fennel Gardens, Lymington SO41 9FS	01590 689742

Community First New Forest

PDSA (Must be in receipt of Housing or Council Tax Benefit) 023 8022 2622

Waterside, Totton, Lyndhurst and Lymington 01202 533630
For New Milton and BH postcodes

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

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

RSPCA -
Ringwood 0870 0101849
New Forest 01202 529695
01425 473896

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

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

Veterinary Services - Mid Forest 023 8028 2358
Glenber Cottage, Beechen Lane, Clayhill, Lyndhurst SO43
7DD

Transport

Avonway Community Minibus 01425 678102

Bransgore Community Care 01425 673057/8

Blue Star Buses (Waterside, Totton and Lymington but not New Milton) 023 8023 1950

Call & Go (Community First New Forest) 0845 6024326
Transport service for older people & those with disabilities, 01425 482773
who require door to door service locally.
callandgo@cfnf.org.uk
www.cfnf.org.uk

Communicare (Totton) 023 8066 0200
Medical and Dental Appointments only
Mon-Fri 10.00am - 12.00noon

Community First New Forest

	Fawley and District Voluntary Care Group Medical and Social (Blackfield, Calshot, Exbury, Holbury, Langley and Lepe)	023 8089 8756
D	Fenwick 2 Bus available for hire (not Mon or Wed). Driver not provided. coordinator@fenwick2.co.uk	023 8028 6331
	Fordingbridge & District Community Association Avonway Community Centre	01425 652706
	Fordingbridge Taxishare - HCC Bookable Services	01962 846786 to register
	Greyfriars Mini-bus Service 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
	Hampshire County Council Transport Information	0845 6035633 01329 225393
	Hythe and Dibden Community Car Service 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
	Lymington Neighbourcare (Voluntary Care Group) Solent Mead - Transport to attend hospital appointments, doctors surgeries, medical facilities. Volunteer drivers pick up from persons home. Mileage chart for charges on application.	01590 679187
	Lyndhurst Neighbourcare (within 5 miles of Lyndhurst) Medical Appointments, shopping assistance, collecting prescriptions, befriending, changing library books 48 hrs notice.	0845 095 818 023 8028 2508
	Minibuses for hire (Community First New Forest) Open to members of Community First New Forest www.cfnf.org.uk	01425 482773
	More Buses (Wilts and Dorset) (New Milton, Lymington, Ringwood, Fordingbridge)	0845 0727 093
	National Express Coaches	08717 818178

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National Rail Enquiries	0845 748 49 50 02070 680500
New Milton Neighbourcare Canada House Business Centre, 1 Carrick Way, New Milton, BH25 6UD Transport provided by volunteer drivers. Main aim to enable clients to access medical facilities. Covers clients living in New Milton and neighbouring areas. Drivers (CRB checked) pick up clients from home but only charge from the centre of New Milton. 40p per mile + surcharge. Open Mon- Fri 9am - 12.30am. Will shop from a list wherever possible.	Co-ordinator 01425 611662
Older Driver Skills Scheme	01962 846100
Shopmobility (Southampton) Shopmobility schemes to provide wheelchairs or powered scooters to get around town	0845 644 2446
Travel Line	0871 200 2233
Two Bridges Care Group Transport for the infirm (Fordingbridge)	0845 8385902 01425 656468
D 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

Social and Leisure

Avon Valley

D	Age Concern Day Centre - Fordingbridge Riverside Court	01425 655259
	Art Society Ringwood	01202 820203
D	Age Concern Day Care Centre - Ringwood	01425 479415
	Art Club Fordingbridge	01425 654385
	Arthritis Research Club	01425 657969
	Avon Valley Archeological Society	01425 473677
	Avonway Adult Learning Course - Brockenhurst College	01425 472224
	Avonway Coffee Mornings	01425 652706
	Avonway Community Centre 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
	Bransgore Community Care	01425 673057/8

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Bransgore Croquet Club	01425 674493
Bransgore Evening Art Society	01425 274446
Bransgore Flower Club	01425 672612
Bransgore Friendship Club	01425 674954
Bransgore Horticultural Society	01425 673202
Bransgore Mobile Library	0845 603 5631 01329 225391
Bransgore New Forest Heart Start	01425 659899
Bransgore Lunch Club	01425 673057
Bransgore Probus Club	01425 673909
Bransgore Rotary	01425 674545
Bransgore Townswomen Guild	01425 674065
Bransgore & Thorney Hill Womens Institute	01425 274686
Bransgore Village Hall	01425 674155
British Legion	01425 478557
First Click 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
Fordingbridge Hand Bell Ringers	01425 652103

Community First New Forest

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 www.greyfriarsringwood.org.uk	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	01425 482773

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 Good Neighbours Befriending (Cornerways Surgery) Scheme	07719 239200 07719 239133
Ringwood & District Older Peoples Housing Association	01425 474817
Ringwood & Fordingbridge Club for the Blind	01425 474263
Ringwood & Fordingbridge Talking News	01425 480918
Ringwood Lions Club	0845 833 5819
Rotary Club of Ringwood	01425 471220
Royal British Legion	01425 478557
Ringwood Salvation Army	01425 472909
Ringwood Antiques Club	01425 472613
Ringwood Art Society	01202 820203
Ringwood Garden Club	01202 574875
Ringwood Philatelic Society	01425 478214
Ringwood Machine Knitting Club	01980 610659
Ringwood Scottish Country Dance Club	01425 654763

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Ringwood & Burley Band	0202 548948
Salvation Army Fordingbridge	01425 650001
Salvation Army Ringwood	01425 472909
White Lion Scrabble League	01425 479871
Young At Heart - 1 st and 3 rd Thurs, 2.30-4.30 pm	01425 477740

South West area

Art & Craft and interest groups

Craft New Milton Community Centre Osborne Road Main aim chatter group. Mixed craft one week demo following 2 weeks people bring their own crafts. Attend if unable to do a craft and make friends. Will share lifts if possible, parking opposite. 2 nd and 4 th Wednesday of month 10am - 12noon. £1 per session plus refreshments purchased from CC coffee area.	01425 273601/ 01425 621477
Ewe2club New Milton Community Centre Osborne Road Crafts, weaving, spinning, knitting, etc. Social Group. Any craft that uses yarn or fibre, but need to be able to carry own equipment. No teaching, informal, people support each other. Beginners/experienced welcome. 3 rd Thurs of month 2-4pm £6 per quarter free sample session. No transport. Public car park opposite. Wheelchair accessible	01425 614048
Sit, Knit and Stitch Forest Arts Centre, Old Milton Road, New Milton, BH25 6DS Social type group Friday 11am - 1pm. Check term times with FAC. Drop in with your knitting and enjoy a chat and coffee with like minded people in relaxed atmosphere of café. £3 includes coffee/tea, cash on day. Two disabled bays, parking area, wheelchair accessible	Forest Arts 01425 619983
Knit n Natter Sway Manor Hotel, Station Road, Sway, Lymington Bring your own knitting or crochet and chat whilst you knit. Refreshments purchase from bar. Shared lifts if possible. Parking. £15 annual membership fee to join Ewe2club. 1st Wednesday of month. 7pm start. Wed am.	01590 683435

Community First New Forest

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.

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.

Community First New Forest

Milford on Sea Village Community Centre,
Sea Road, Milford on Sea, Hampshire SO41 0PH various events,
numerous activities, coffee shop, lunch club. 01590 643 404
for events

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.

Exercise groups

Balance with Aimee Smith Forest Arts
Forest Arts Centre, Old Milton Road, New Milton BH25 6DS 01425 619983
Regular group, for term dates contact FAC. Monday 11am -
12noon. £36 per 10 week sessions, tasters free. Low impact
exercise session for over 60's. No transport. Parking area 2
disabled bays. Wheelchair access/induction loop box
office/theatre.

Hordle Extend seated exercise 01425 620688
Westmoreland Court, Stopples Lane, Hordle
Movement to music, mainly seated. Monday 10 - 11am.
Parking/no transport provided.

Exercise class 01425 617392
Lymington United Reformed Church
Seated exercises motivated by music. Ideal for people with
limited mobility mostly seated. No transport or parking just
drop off area. Wheelchair accessible. Tues 12 noon - 12.30pm
£2 per session. Contact tutor B Evans.

Strictly keep fit 01425 617392
The Dance Studio, Sea Road, Milford on Sea
With easy dance moves. Wear comfortable clothes. Monday
10.00am - 11.00 a.m. Wheelchair accessible. No transport.

Music/dance

Sequence Dancing (Modern) 01202 473617
New Milton Community Association on Wed and Sat Evenings

Sequence dancing tuition 01425 610495
Community Association New Milton
Every Thursday 1.45 pm all ages welcome. Parking. No transport
provided.

Community First New Forest

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

Social Groups

D

Brendoncare Milford Green Friendship Club

Village Community Centre, Milford on Sea
2nd and 4th Tuesday, 2.00pm - 4.00pm. £3.00. Provides friendship, fun for older people. Refreshments. Taxi transport if required.

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

D

Brendoncare New Milton Get Together

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

Head office

01962 877772

CAMEO Social Group for Church Congregation and Friends

New Milton Baptist Church Old Milton Road, New Milton
BH25 6EF. 4th or last Friday of month 1.15 - 4.00 (not August).
Come and meet each other. All ages. Chatter group, table tennis, skittles, snooker, bagatelle and board games. Parking available. Light lunch £3 suggested contribution.

01425 278485

LEGS (Everton Ladies evening social group)

St Mary's Church Hall Everton
1st Monday in month. Need to phone before attending due to large membership numbers. Very lively large group. No transport but parking available.

01590 644827

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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 st Tuesday coffee morning, 3 rd 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
Lymington VISTA - Ladies Social Group St Thomas's Church Hall, St Thomas Street, Lymington SO41 9ND Wednesday once a month. Speakers, tea/coffee. 3pm contribution £1. No parking facilities. Public car park nearby.	01590 676194
Support Groups	
Arthritis Care Arthritis support group. Guide hut Sea Road, Milford on Sea. 2.15pm 2 nd Friday of month. Donation 50p for refreshments. Membership £14 pa including bi monthly magazine. Social get together, outings, speakers and social activities.	01590 645901
Hordle Stroke Club All Saints Church Hall Mondays 10.30-12.30. Covers Hordle and New Forest.	01590 641220
Stroke Club Nedderman Centre, New Milton. Speakers, chatter group, activities and outings. 2 course Lunch. Transport arranged if required. Parking, wheelchair accessible. Every Thursday except August, 10.30am - 3pm.	01425 614939
Vision Impaired Support/social group Open Sight (New Milton) Bashley Village Hall Bashley 4 th Wednesday in the month 2.30pm-4.15pm. Social activities, outings. Talking books available to borrow. £3 including refreshments/raffle. Transport organised.	01425 622401 until end Nov 12

Community First New Forest

Vision Impaired - TORCH New Milton Baptist Church, Old Milton Road, New Milton BH2 6EF. Christian based vision impaired fellowship group. Every Third Saturday 3pm - 4.30pm. Non church people welcome. Singing, visiting choirs, speakers. Register taken so everyone aware who is present and sharing news. Accessible toilet and wheelchair accessible. Parking, transport provided if required.	01590 644926
Vision Impaired - Macular Disease Group New Milton Community Centre, Osborne Road Talks, musical entertainment, outings. 2 nd Monday of month 2pm. Wheelchair accessible. Public Parking	01425 618925
Totton and Lyndhurst	
Angling Club (Test Valley) £56 per annum. www.tvacpsangling.co.uk tightlinestotton@aol.com	023 8086 3068
Antler Club (Bingo) Scout Hut, Blackwater Drive, Calmore Drive, Totton 7.30 pm for 8.00 pm with 9.50 pm finish. Minibus transport available. John Howat.	023 8090 7850
Art Group Lyndhurst Community Centre. Various days and times	023 8028 2267
Arts Society (New Forest) Lyndhurst Community Centre, Pine Room Third Wednesday in the month at 7.30 pm	023 8028 2626
Art Society Totton and Eling Community Centre Once a month at 7.30-9.30pm on Wednesday.	023 8086 0063
Badminton West Totton Centre 8.00-1.00 pm Wednesdays	023 8086 7083
Bartley Horticultural Society Copythorne Parish Hall 3 rd Thursday of the month	023 8081 2853

Community First New Forest

Bingo Hounslow Community Association Thurs evenings at 7.30-9.30 pm. A raffle and tea and biscuits. Possible transport arranged.	023 8086 3138
BLESMA Totton and Eling Community Centre Last Monday in month 10.00am-12.30pm	01202 745168
Bowling 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
Bowling Lyndhurst Bowling Club, Sandy Lane, Lyndhurst, Hampshire, SO43 7DN April-September avtp22@dsl.pipex.com	023 8028 2864
Bowls (Forestgate) West Totton Centre Mon 2.00-5.00 pm, Thurs 2.00-5.00 pm and 7.00-10.00 pm Mrs Semmens	023 8084 3465
Bowls Indoor Calmore CC 8-10 pm Tuesdays	023 8086 2108
Carers Café Fenwick 2, Trinity Church, West Totton Third Thurs 1.30-3.30 pm.	023 8028 6342 07936 323578
Carers Café Baptist Church, Chapel Lane, Lyndhurst First Thursday at 1.30-3.30 pm.	023 8028 6342 07936 323578
Chinwaggers Blackwater Drive Scout Hut 10.30 am Wednesdays	023 8087 2376
Christadelphians (Church Group) Totton and Eling Community Centre. Sunday 3.00-6.00 pm.	023 8078 8006
Cribbage Testwood Working Men's Club Secretary 110 Salisbury Road Totton Hampshire SO40 3PY	023 8086 2087

Community First New Forest

	CSRF (Civil Service Retirement Fellowship) Totton and Eling Community Centre Friday bi-monthly 10-12 noon.	020 86917411
	Drama and Musical Society (Lyndhurst) Vernon Theatre, Sandy Lane SO43 7DN Rehearsal Mon and Thurs 7.45-10.00pm	023 8028 3783
	Eling Tide Mill 10.00am-4.00pm Wed-Sun plus Bank Holidays except Christmas Day and Boxing Day	023 8986 9575
	Foresters Flower Club Copythorne Parish Hall 1st Thurs 7.30-9.30 pm. Annual Subs £14.00	023 8081 2883
	Furzey Gardens Free entry to Art and Craft Gallery	023 8081 2464
	Hants Photographic Project Access to images dating from 1850s archives www.hants.gov.uk/record-office/catalog.htm	01962 846154
	Keep Fit West Totton Centre Thursdays 10.00 -11.00am	023 8086 1712
	Knit and Natter Totton Library 10am -12noon Alternate Wednesday	023 8086 4458
D	Kurling Fenwick 2 On Third Friday 12 noon-2pm	023 8028 2862
	Lace Making Totton and Eling Community Centre Wednesdays 10am -12.00 noon (term time)	02380 892183
	Line Dancing Club Calmore Village Hall Friday evening 7.00pm - 10.00pm. Contact Jean.	023 8086 8455

Community First New Forest

Lyndhurst, Emery Down and Bank Residents Association Three general meetings per year in April, July and October ahacoustics@aol.com	023 8028 3895
Lyndhurst Flower Club Lyndhurst Community Centre 2.15 pm last Thurs (except July, Aug and Dec).	023 8084 3167
Lyndhurst Lawn Tennis Club Over 50s Coaching	023 8029 3833
Lyndhurst and Minstead Bell Ringers Practice every second and fourth Thursday 7.30 - 9.00pm	023 8028 2154
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 Lyndhurst Community Centre Second Friday except Aug and Dec 7.30 - 10.00pm.	023 8028 2841
Patchwork Group Calmore Community Centre Tuesdays 7.00 - 9.00pm. There is a charge for this 10 week course. Jackie Sparks.	023 8086 8496
Pet Carers Company of a dog without full-time or financial commitment. www.pet-carers.co.uk	023 8066 9292
Pheonix Club 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
Pilates Lyndhurst Community Centre on Tues	023 8028 2267
Pilates Exercise Group St Anne's Church, Cooks Lane, Calmore. Weds 9.00-10.00am followed by coffee. Gentle Way Group. Kath Read.	023 8081 2702
Pilates Totton and Eling Community Centre Wednesdays 6.30-7.30pm and Thursdays am www.pilates-southampton.com	07837 915359

Community First New Forest

	Pop-in Totton Christian Centre Tues to Fri 10.00 - 12.00noon.	023 8086 4488
	Pottery Classes at Angel Farm Pinkney Lane, Lyndhurst SO43 7FE Thursdays 7.00pm - 9.00pm and Fridays 10.00am - 12noon angelsfarm@btinternet.com	023 8028 4079
	Romsey and Waterside Visually Impaired Group (Social) Totton and Eling Community Centre Monday 7.30-10.30pm. Bi-monthly.	023 8066 0244
	Southampton and District Bird Group Hounsdown Hall 2nd Fri in month 7.00pm for 7.30 pm and Field Trip 3rd Sunday. David.holloway60@ntlworld.com	023 8084 2776
D	Singing Group 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
	Stroke Association Totton and Eling Community Association 1.30 - 4.00pm Wednesdays (GP referral only)	023 8047 3202
	Sunday Night Dance Lyndhurst Community Centre Half Hour tuition followed by sequence and ballroom dancing 7.30 - 10.30pm	023 8028 2267
	Sunday Supplement Totton and Eling Community Centre Sundays 9.30-12.30 (Hosted by Westside Church)	023 8048 3524
	Tea Dances West Totton Centre Monthly 2.15 - 4.15pm on 1st Sunday in month	023 8086 1712
	Testwood Travel Club No meetings just lots of local interest places and theatre trips for all ages.	023 8086 5071

Community First New Forest

Testwood Quilters group (quilting and patchwork) Totton and Eling Community Centre Thursdays 2.00 - 4.00pm	023 8178 7308
The Hub Coffee Shop, Testwood Baptist Church, 283a Salisbury Road, Mon-Fri 9.30-3.30 pm. Tea and coffee and hot snacks. Bring your own sandwiches at lunch time. Relax with friends. Coffee 50p.	
Totton U3A (University of the Third Age) Masonic Hall, Lexby Road, Totton, 2 nd Wed afternoon 1.45-4pm Secretary—Ann Barnes	023 8086 7417
Totton and District Three Score Club	023 8086 5355
Totton and District Gardeners Society 3 Score Club	023 8029 2761
Totton and Eling Historical Society Totton and Eling Community Centre First Monday in each month. 2-4 pm.	023 8081 2767
Totton and District Probus Club	023 8086 7882
Totton & Waterside Club for the Blind Totton & Eling Community Centre 2nd Monday of each month 2.00 - 4.00pm New members welcome.	023 8078 2742
TT Club Hounsdown Community Centre Thursdays 10.00am - 12.00noon. Tea, coffee, a chat and bingo. Rose Sturgess.	023 8087 3381
Whist Testwood Working Men's Club Secretary 110 Salisbury Road Totton Hampshire SO40 3PY Tuesdays	023 8086 2087
Widows Club Totton and Eling Community Centre Friday every other week at 2.00pm - 4.00pm	023 8087 2722
Womens Institutes Ashurst - 2 nd Wednesday at 7.30pm Colbury Church Rooms, Deerleap Lane, Colbury Copythorne - 2 nd Wednesday at 2.15pm Parish Hall, Pollards Moor Lane, Cadnam	

Community First New Forest

	WritersCircle All ages, 7.30-10.00 pm barjaxplume@hotmail.com	023 8077 3015
	Yoga St Theresa's Church Hall, 20 Beaumont Road Every Wednesday 12.00noon - 1.00pm	023 8086 2270
	Youlton School of Dance (Ballroom, sequence dancing) Totton and Eling Community Centre Thursdays at 6.30pm Calmore CC on Friday at 6.30 pm	023 8086 2058
	50+ Multi Sport Morning West Totton Centre Wednesday 9.30 - 12.00 noon	023 8086 1712
	Waterside	
D	Age Concern Pop-in at Dibden Purlieu Mondays 9.30-12.00 noon Methodist Church Hall, North Road	023 8084 1199
D	Alzheimers NF and Test Valley Branch Milford War Memorial Hospital, Sea Road, Milford-on-Sea SO41 OPG	01590 644679
	Blackfield Flower Club Holbury	023 8989 1884
	Blackfield Gardening Group St Francis Church Hall, Langley at 7.30pm. Guest speakers, outings and competitions.	023 8089 9354
	Calshot Sailing Club Wood Hatch, Blackfield, Southampton SO45 1WJ	023 8084 8307 Club House
	Chatter Lace Tues Term Time 9.30-12 St Andrews Centre.	Call in
	Dibden and Purlieu Gardening Association 7.30 pm on 1 st Thursday in the month at St Andrews Centre	Call in
	Evergreen Club St Johns Hall, Hythe Social group offering talks and bingo sessions. Meets two Thursdays each month at 2pm.	02380 891721

Community First New Forest

Healthy Walks

Hythe and Blackfield Health Centres. The walks are open to everyone, whether registered patients or not.

www.greenpractice.co.uk/walking_group

Helen Youngs Dance Group

02380 843435

Hythe Community Centre, Hythe, Hall 2.

Fun with Fitness group for the 'young at heart'. Monday evenings.

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

Horrill Centre - various activities inc walking

023 89087 7881

HYADS Ladies Group

023 8084 2537

Hythe Community Centre

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

Hythe Wives

Contact via
Community
Centre on 023
8084 4074

Hythe Community Centre, Hythe

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

Hythe and Dibden Woodland and Waterside Group

023 8084 4636

Conservation work including clearance, path laying, boardwalks, recording of flora and fauna, work with schools and in particular the Hythe and Dibden Community Woodland. Have several members over 65. Meet 1st Sunday in the month 10am to 1pm.

Men's Breakfast Group

02380 890091

Cornerstone United Reform Church, New Road, Hythe

Meets approximately every six weeks on a Saturday 8.30am to 10am. A good English breakfast is provided, all cooked by men for men. A variety of speakers will give a talk after the breakfast.

New Forest Area Conservation Volunteers

023 8086 1558

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

New Forest Aviation Group

023 8028 2841

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

New Forest (East) Probus Group 3rd Thursday at 10 am

023 8084 1189

Community First New Forest

Oasis Group New Hope Centre, Holbury Meetings every Tuesday 11.45am lunch, 1 to 2pm entertainment. Speakers, quizzes and outings. Good mix of men and women. Payment is by means of a voluntary donation, those unable to pay are still welcome to attend.	02380 894294
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, Dibden Purlieu Every Monday from 10am. Just call in.	023 8089 1679
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.	023 8089 3973
Shape up and dance for 50+ age group 2pm every Monday	023 8084 5761
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 Hounsdown 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 2 nd and 3rd Saturday 2pm-4.30 and Hythe Parish Hall Wednesdays 2pm to 4pm. Sunday evening at Lyndhurst Community Centre.	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 842594

Community First New Forest

The Royal British Legion Exbury Road, Blackfield, Southampton SO45 1XD	023 8089 1445
Topaz Club WI Community Hall, Lunedale Road, Dibden Purlieu 1.45pm two Wednesdays a month. Social group offering outings, talks, games and chat.	02380 891721
Totton & Waterside Club for the Blind Totton & Eling Community Centre 2nd Monday of each month. 2-4pm. New members welcome.	023 8078 2742
Travel Club No meetings just lots of local interest places and theatre trips for all ages.	023 8086 5071
Waterside Natural History Society St Andrews Centre Hall	023 8084 5510
Waterside Short Mat Bowls (Holbury)	023 8089 3750
Women's Guild St Johns Hall, Hythe. 2nd Thursday 7.00pm. Speakers, outings, quizzes, music and chat.	023 8084 4336
Women's Guild Gentle Exercise Ewart Court, Jones Lane, Hythe. Monday afternoon 2.30pm in the lounge.	02380 842871
Womens Institute (Marchwood) WI House, 56 Hyde Abbey Road, Winchester SO23 7DB WI is 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 nd Tuesday of each month at 7.15pm in Marchwood Village Hall.	023 8086 8681
WritersCircle All ages, 7.45-10.00 pm Southampton barjaxplume@hotmail.com	023 8077 3015

Community First New Forest

Lunch Clubs

Avon Valley

Avonway Lunch Club	01425 653419
Bransgore Lunch Club	01425 673057
Greyfriars Luncheon Club GP referral only	01425 474377

South West

Ashley Baptist Church 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.	01425 610415
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Barton Methodist Church Lunch Group Sea Road, Barton on Sea Wednesday 12noon- 1.30pm. An ecumenical service for elderly, living alone. Freshly prepared and cooked lunch. Transport for handicapped people is arranged. Members must be elderly and living alone, or married couples in need of help. £3.00 annual membership plus £3.50 for the meal + 50p per person if transport is arranged. Wednesday lunchtime 12-2pm.	01425 612807
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Everton- St Mary's Church Hall Friendship lunch 3 rd 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.	01590 644739
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Lymington Baptist Church 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	01590 672019
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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
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Milford on Sea First Friday Lunch Club Community Centre, Sea Road SO41 0PH	01590 641826
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Community First New Forest

	Milford on Sea (Sunday Lunch Club) Community Centre, Sea Road SO41 0PH	01590 643404
D	Totton and Lyndhurst Age Concern New Forest Totton and Eling Community Association Tuesday 11.30-14.00 - pre booked only	023 8084 1199
D	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
	Trinity Church Soup and Sweet Lunch West Totton Wednesday 12.00-1.30 pm	023 8087 1072
	Waterside	
D	Age Concern New Forest Sunday Lunch Club 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.	023 8084 1199
	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 £7.50 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. Wednesday 12 noon to 1.00pm. No transport. Call to book or just turn up.	02380 844336

Community First New Forest

Community Halls

Avon Valley

Damerham	01725 518086 07785 181702
Frogham	01425 656106
Godshill	01425 657115
Ibsley	0845 644 0915
Martin	01526 378553
Minstead	023 8081 3143
Rockbourne	01725 518400

Totton and Lyndhurst Area

Calmore Community Centre Calmore Cres, SO49 2ZU	023 8086 8455
Calmore Village Hall Pauletts Lane SO40 2RS	023 8086 3138
Christian Centre - Trinity Church (Lettings) Hazel Farm Road, Totton SO40 8WU	023 8086 1443
Copythorne Parish Hall Pollards Moor Road SO40 2NZ Room Hire	023 8081 2478
Emery Down and Bank Village Hall Mill Lane SO43 7EN Room Hire	07896 134994
Garland Lodge (5th New Forest North Scout Group) Blackwater Drive, Totton SO40 2QJ	
Hanger Farm Arts Centre Aikman Lane, Totton SO40 8FT	023 8066 7274
Hounsdown Community Centre Hounsdown Avenue SO40 9EX	07501 336498

Community First New Forest

Lyndhurst Baptist Church Hall Chapel Lane SO43 7FG www.lyndhurstbaptistchurch.org.uk	023 8028 4426
Minstead Village Hall SO43 7FX www.minsteadhall.co.uk	023 8081 3143
St Anne's Church Hall Calmore	023 8081 2702
St Matthews Church Hall Netley Marsh	023 8066 3267
St Theresa's Church Hall Beaumont Road, Totton	023 8086 2270
Totton and Eling Community Centre Library Road SO40 3RS	023 8086 3769
Totton Christian Centre Ringwood Road SO40 8DA	023 8086 4488
Totton Masonic Hall Lexby Road SO40 9HD	023 8086 2739
West Totton Centre Hazel Farm Rd SO40 8WU	023 8086 1712

Churches

Avon Valley

Bransgore Community Church	01425 674513
Bransgore Church St Marys	01425 672327
Damerham Baptist Church The Damerham Baptist Church was founded in 1801 and is located at South End. It holds a service at 11 a.m. each Sunday and a prayer meeting each Wednesday.	
Damerham St Georges	01725 518642
Fordingbridge Methodist Church	01425 653134
Poulner Baptist Chapel	01425 473388

Community First New Forest

Ringwood Methodist Church	01425 461440
Ringwood Parish Church	
Ringwood Parish Church St Paul & St Peter	01425 473219
St Marys Parish Church Fordingbridge	01425 653163
Trinity Church Ringwood	01425 461440
United Reform Church Fordingbridge	01425 473777
South West	
All Saints Church 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
Our Lady of Mercy and St Joseph 132 High Street, Lymington Roman Catholic	01590 676696
Quakers Religious Society of Friends Community Centre, Cannon Street, Lymington	01590 673626
River of Life Church Community Centre, Cannon Street, Lymington	01590 682638
St Thomas C of E Church StThomas Street, Lymington	01590 676194
Christian Science Society Community Centre, Cannon Street, Lymington	01590 678248
Ashley Baptist Church 3 Lower Ashley Road, Ashley, New Milton BH25 5AA	01425 610415
New Milton Baptist Church 90 Old Milton Road	01425 612011

Community First New Forest

New Milton New Life New Life Christian Centre, 34 Gore Road, New Milton BH25 6RZ Church services held in New Milton Memorial Centre. Contact New Life Church Office.	01425 616035
New Milton Evangelical Free Church 24-26 Whitefield Road, New Milton	01425 622450
New Milton Quaker House 30 Whitefield Road, New Milton	01425 638453
Our Lady of Lourdes RC Church 15 Mount Avenue, New Milton BH25 6NT	01425 614968
St Mary Magdalene C of E Church The Rectory, Church Lane, New Milton BH25 6QN	01425 615150
St Peters Church Ashley Common Road, Ashley	01425 627501
Totton and Lyndhurst	
Anglican Churches	
All Saints, Minstead SO43 7EX	023 8028 2154
Christ Church Colbury SO40 7EH	023 8029 2132
Christ Church Emery Down SO43 7DT	023 8028 2154
St Anne's Cooks Lane, Totton SO40 2RU	023 8081 2702
St Mary's Copythorne	023 8081 4769
St Mary's Eling Hill, Totton SO40 9HF	023 8086 6426
St Matthew's Ringwood Road, Totton	023 8066 3267
St Michaels and All Angels High Street, Lyndhurst SO43 7BD www.newforestparishes.com	023 8028 2154

Community First New Forest

St Winfrid's
Salisbury Road, Totton 023 8086 5103

Baptist Churches

Lyndhurst Baptist Church
Chapel Lane SO43 7AE 023 8028 4426

Testwood Baptist Church
283a Salisbury Road, Totton SO40 3LZ 023 8086 0320

Roman Catholic Churches

Church of our Lady of the Assumption and St Edward
14 Empress Road, Totton SO43 7AE 023 8028 2011

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

Trinity Churches (Methodist and United Reformed)

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

Westside Church, 22 Ewell Way, Totton 023 8066 6258

Waterside

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

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

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

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

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

Community First New Forest

New Forest Community Church Marchwood Village Hall, Marchwood Village Centre, Marchwood, Southampton SO40 4SX www.newforestcommunitychurch.org.uk	023 8086 4232
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
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 8084 3479

Community First New Forest

Health and Wellbeing Services

GPs

Avon Valley

Burton and Bransgore Medical Centre 01425 672857

Cornerways Surgery 01425 472515
Parkers Close, Gorley Road, Ringwood

D Fordingbridge Surgery 01425 653430
Bartons Road

Ringwood Medical Centre 01425 478901
The Close

Twin Oaks Medical Centre 01425 672741

South West Area

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

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

Hordle - The Surgery 01425 621188
24 Ashley Lane, Hordle

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

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

Lymington - Wistaria Surgery 01590 672212
18 Avenue Road, Lymington

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

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

New Milton - The Arnewood Practice 01425 620393
Milton Medical Centre, Avenue Road, New Milton BH25 5JP

Community First New Forest

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

Community First New Forest

Dentists

Community Dentist

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

Access through
GP Only

Avon Valley

Dalkeith Dental Surgery
Ringwood

01425 473688

Mansfield House Dental Surgery
36 Southampton Road, Ringwood

01425 473938

South West

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

01425 615080

Durant C
44 Southampton Road, Lymington, SO41 9GG

01590 672100

Homemill Dental Surgery
Station Road, New Milton BH25 6HZ

01425 620750

Milford Corner, Dental Surgery, High Street, Milford On Sea,
SO410QF

01590 645343

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

01590 679888

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

01590 672986

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

01425 612111

Hospitals

BUPA Centre Spire Southampton Hospital
Chalybeate Close, Southampton SO16 6UY

023 8091 4428

Christchurch Hospital

01202 486361

Hythe Hospital

02380 846046

Lymington Hospital

01590 663000

Community First New Forest

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

Pharmacies

Avon Valley

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

Totton and Lyndhurst

D 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 www.lloydspharmacy.com	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 www.rowlandspharmacy.co.uk	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

	Day Lewis Pharmacy 1 Marchwood Village Centre, Marchwood SO40 4SF	02380 870063
	Jays Pharmacy Merriemead Parade, Beaulieu Road, Hythe, SO45 4PY	023 8084 3222
	Lloyds Pharmacy 191 Hampton Lane, Blackfield SO45 1XA	02380 893002
	Other Medical	
	Action For Blind	0800 915 4666 0207 635 4800
	Action on Pain Resource and Information Library	07756 292991
D	Age Concern Hampshire Footcare service Various area locations. Toe cutting service for older people who do not qualify for NHS chiropody. Small charge. Telephone for areas/times.	01329 842481
D	Age Concern New Forest Nail Cutting Service Totton, Dibden Purlieu, Hythe, Blackfield and Lyndhurst. Contact office for appointment. Home visits available.	023 8084 1199 0800 085 6625 Freephone
D	Alzheimer's Society	0845 300 0336 National 01590 644679 Local
	Assist UK Equipment and advisory service	023 8071 885
	Audiology Service Royal South Hants, Brintons Terrace, Southampton	023 8082 5124
D	Bathing Service Fenwick 2, Lyndhurst. Wednesdays info@fenwick2.co.uk	023 8028 2862
	Bladder & Bowel Foundation Nurse Helpline	0845 345 0165
	Books on Prescription Self-help manuals selected by experienced mental health practitioners for people with mental health problems	0845 603 563 01329 225391

Community First New Forest

British Red Cross Helps people live independently in own homes. Offers range of services - medical equipment loan home from hospital, therapeutic care.	01962 891660
Changing Faces - Skin Camouflage 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
Chiropody (State Registered) Happy Feet, AR Pharmacy, West Totton	023 8066 6304
Cognitive Stimulation Therapy (CST) For people with mild to moderate dementia at the Horrill Centre at Dibden Purlieu and Fordingbridge.	01425 517926/07837 695529
Counseling - Options Plus 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.	
Cruse Bereavement Care www.crusebereavementcare.org.uk helpline@cruse.org.uk	01425 628375
CRUSE - Pop in for the bereaved Lymington United Reformed Church front café, Lymington High Street, Lymington Bereavement care/friendship group for the bereaved 3 rd 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
Dental Helpline	0845 050 8345 023 8082 8151 020 7424 1000
Diabetes UK Careline www.diabetes.org.uk info@diabetes.org.uk	
Domestic Violence Womens Aid 24 hour National helpline	0808 200 0247

Community First New Forest

Elder Abuse www.elderabuse.org.uk	0808 808 8141
Epilepsy Society Free Helpline Confidential up to date information, emotional support, time to talk and opportunity to ask questions.	0808 800 5050
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
Grandparents Support Group (Community First New Forest) Grandparents who care full-time for their grandchildren	01425 482773
Hampshire Association for Deaf People	023 8051 6518
Hampshire Coalition of Disabled People	0845 122 1487 023 8020 2650
Hampshire Occupational Therapy	0845 600 4555 01329 225376
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
Healthwatch Link - find out what people like or dislike about local health services and work with organizations who plan and run them.	01962 440262
Home Support Service (Community First New Forest) A caring and sitting service homesupportmanager@cfnf.org.uk www.cfnf.org.uk	023 8066 7080
Keysafe (Home Improvement Agency CFNF)	01425 482773
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

Community First New Forest

	Macmillian Cancer support Macmillan have amalgamated with CAB. Specialist advisor specifically for people diagnosed with cancer, their families/carers. Client or family contact Macmillan who refer them to specialist advisor at CAB New Milton. Provides practical, medical, emotional and financial support. Also based at Southampton Hospital.	Macmillan 0808 808 0000 or call in CAB NM to book appointment
	Meals on Wheels - Apetito Mon, Tues, Wed, Fri hot meals and cold meals provided for the days they don't deliver. 9.30 -1.00 pm. Solent Area Office	01962 779338
	Mental Health Team Anchor House, 67-69 Ringwood Road, Totton SO40 8DX Waterford House, New Milton	023 8086 8886 01425 622922
	New Forest Disability Information Service 6 Osborne Road, New Milton BH25 6AD Equipment hire also available. www.newforestdis.org.uk info@newforestdis.org.uk .	01425 628750
	NHS Hampshire	023 8062 7444
	Oakhouse Foods Unit 3, The Holloways, Bessemer Close, Ebblake Industrial Estate, Verwood BH31 6AZ enquiries@oakhousefoods.co.uk	01202 814179
D	Older Peoples Wellbeing Team	01962 847279
D	OPAL Countrywide service that provides older person with details of local information and services by phone. OPAL volunteers can visit people in their homes if they need extra help in finding what they want.	0800 328 7154
	Open Sight Hampshire (sight loss)	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
	Organ Donor Register	0300 1232323

Community First New Forest

PALS Patient Advice and Liaison Service Southampton Bournemouth Salisbury	023 8079 8498 01202 704 886 0800 374208
Pain support - APRIL Christchurch Day Centre, 250 Lymington Road, Highcliffe BH23 5ET 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.	07756 292091
Parkinsons (UK) Helpline	0808 800 0303
Prescriptions Advice Line (for Free Prescriptions only)	0845 850 1166 0300 330 1349
Red Cross Equipment Hire Medical Centre, Testwood Lane, Totton Mon-Fri 10-12 noon Hythe Totton Bransgore Fordingbridge Ringwood Lymington 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

Community First New Forest

Stoma Care Service

023 8071 8850

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

The British Wireless for the Blind Fund

01622 754757

Provides high quality, easy to use audio equipment which has been specially designed and adapted for listeners living with sight loss. For free permanent loan for those in need (means tested benefit) client must meet their criteria of being registered blind or partially sighted. Contact service to discuss needs and if meets criteria the equipment will be delivered and installed in clients home. Usual referrals from Social Workers etc otherwise equipment can be purchased.

D

Waterside Goodneighbours

0845 643 9366

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

023 8084 1199

Wessex Cancer Trust

02380 672200

Wiltshire Farm Foods

01202 490400

46 Wilverley Road, Somerford, Christchurch
www.wiltshirefarmfoods.com