Billy Book
Fareham’s Guide for the over 60s
Welcome to Fareham’s BILLY Book

‘BILL’ or BILLY as it is fondly referred to, is all about ‘Being Independent in Later Life’. It is a guide for residents who are over 60 years old and living within the Borough of Fareham.

If you do not fall within this age bracket then you may wonder why you, along with all the other residents in Fareham, have received a copy of the BILLY Book.

It is estimated that one in every eight households across Hampshire is actually a pensioner living alone so, if this information is not relevant to you personally, it may enable you to help someone in your family, friends or neighbours.

Helping people to remain healthy, independent, social and active are important qualities to promoting health and well-being among older members of our community.

With people over 85 years old representing the fastest growing sector of the population, having easy access to important information, services and social activities, might just help make the difference.

We hope you find it useful and informative.

Important Organisations

Age Concern (Hampshire)

0800 3287154
www.ageconcernhampshire.org.uk

Advice and information on local services for over 50s.

Age UK

0800 678 1602
www.ageuk.org.uk

Aiming to improve later life for everyone through information, advice, training and research.

Citizens Advice Fareham

County Library Building, Osborn Road, Fareham, PO16 7EN
(0)344 411 1306
https://public.citafareham.org/citizensadvicefareham

Free, confidential, impartial advice and support on a range of issues.

One Community

One Community Shop, Fareham Shopping Centre, West Street, Fareham, PO16 0PQ
02380 902400
info@1community.org.uk
www.1community.org.uk/fareham

Advice and support for volunteers and community organisations across the Borough of Fareham.

Elder Abuse Response Helpline

0808 808 8141
If you think an elderly person is being abused please call the helpline.

Elderly Accommodation Counsel

0800 377 7070
www.eac.org.uk
For older people, their families and carers aiming to get the help or care they need to live independently.
Guide to Better Care and Support

0300 555 1386
www.connecttosupporthampshire.org.uk

Information about getting help for older people who want to continue living at home.

Meals on Wheels

01962 779338
www.hants.gov.uk/meals-on-wheels

Meals delivery service for those aged 55 and over.

Fareham Home Help (Community First)

01329 223144
homehelp@cfirst.org.uk
www.cfirst.org.uk

Home help service support with cleaning or shopping.

Telecare

01962 670721
www.argenti.co.uk

A button worn by the user that can instantly place a call to a 24/7 monitoring centre if the wearer has a problem or falls.

The British Red Cross

01329 234446
www.redcross.org.uk

Mobility Aid loans and equipment. Support at home service after hospital stays.

Red Cross Loans

Fareham - 01329 234446
Portchester - 02392 324166
www.redcross.org.uk

Monday to Friday from 9:30-11:30 at rear of Fareham Health Centre.

Wellness Recovery Action Plan (WRAP)

http://southernhealth.nhs.uk

A self-management tool which helps people gain more control over their wellbeing.

Keeping Healthy

Everyone Active

01329 233652 (Fareham)
01489 571064 (Holly Hill)
www.everyoneactive.com

Get fit at the gym and pool.

Message In A Bottle

Keep medical details in this bottle in the fridge to be accessed by emergency services.

Foot Care Service

01489 572819
www.ageconcernhampshire.org.uk

Toe nail cutting and basic foot health check for over 50s.

Support Groups

Action on Hearing Loss

0808 808 0123
www.actiononhearingloss.org.uk

Support and advice with hearing loss, deafness and tinnitus and help to protect hearing.
Alzheimer’s Activity Groups
☎ 02392 892035
✉ www.alzheimers.org.uk
Available to dementia patients and their carers.

Alzheimer’s Society
☎ 02392 892035
✉ portsmouth@alzheimers.org.uk
✉ www.alzheimers.org.uk
Information and support for people with Alzheimer’s.

Alzheimer’s Support Groups
☎ 02392 892035
✉ www.alzheimers.org.uk
Provides information and support for carers for someone with Alzheimer’s disease or dementia.

Bladder & Bowel Foundation
☎ 01926 357220
✉ www.bladderandbowel.org

Care After Combat
☎ 0300 343 0255
✉ www.careaftercombat.org
Professional assistance for the well-being of veterans and their families.

Gov.uk
☎ www.gov.uk
UK Government website for with information for all public services.

Hampshire County Council
☎ 0300 5551386
✉ www.connecttosupporthampshire.org.uk
Information and advice for older people in Hampshire.

Independent Age
☎ 0800 319 6789
✉ www.independentage.org
National advice and befriending charity.

NHS 111
☎ Call 111
✉ www.nhs.uk/111
For fast medical help but not life threatening.

Police 101
☎ Tel: 101
Call to report a crime and other concerns that do not require an emergency response.

Police 999
☎ Tel: 999
For emergency services only - Police, Ambulance, Fire service, Coastguard.

Silverline
☎ 0800 4 70 80 90
✉ www.thesilverline.org.uk
Free, confidential helpline for older people.
Help and Care to Live Independently

Castle Street Day Centre
02392 221165
www.portchester.hants.sch.uk
Providers of elderly, frail and dementia day care.

Connect to Support Hampshire
www.connecttosupporthampshire.org.uk
Information, advice and services to help you live independently.

Lockswood Wellbeing Centre
01489 578152
lockswooddcc@ageconcernhampshire.org.uk
www.ageconcernhampshire.org.uk
Providers of day care, toe nail cutting, showering and carers’ meetings.

Cinnamon Trust
01736 757900
www.cinnamon.org.uk
Charity offering support for elderly people with pets.

Disabled Adaptations (Occupational Therapy)
0300 555 1386
adult.services@hants.gov.uk
www.connecttosupporthampshire.org.uk/equipmentadaptations
Help to adapt your home to suit your mobility or disability needs.

Fareham Basics Bank
01329 822204
www.friendsofthehomeless.org.uk
Voucher system for food parcels for those in need.

Carers Together in Hampshire
01794 519495
www.carerstogether.org.uk
Support services for carers offering a variety of support.

Choices Advocacy
02380 783715
www.choices-advocacy.org.uk
A local charity providing independent advocacy and person centred planning for people living in Hampshire, Southampton and Portsmouth.

Combat Stress
0800 138 1619
www.combatstress.org.uk
24 hour veterans mental health helpline.

Disability Information Centre
01329 282929
www.actionfareham.org.uk
Free information on all disability issues.
Local service for those facing mental health problems.

Fareham Macular Support Group
01329 231356
david.fb.kett@talk21.com
https://fareham-gosport.diabetesukgroup.org
Support for those suffering from age-related macular degeneration and their carers.

Fareham & Gosport Lip readers
secretary@fglipreaders.org.uk
www.fglipreaders.org.uk
Provides professional tutors to teach adults lip-reading skills and management of hearing loss.

Fareham and Gosport Diabetes UK Group
01372 720148
fandgdiabetes@gmail.com
https://fareham-gosport.diabetesukgroup.org
Support group for people with diabetes to help you enjoy a healthy life.

Fareham & Gosport Wellbeing Centre
01329 281445
afg@solentmind.org.uk
www.farehamandgosportmind.org.uk
Local service for those facing mental health problems.

Fareham & Gosport Wellbeing Centre
01329 281445
afg@solentmind.org.uk
www.farehamandgosportmind.org.uk
Local service for those facing mental health problems.

Friends Through Pain
02392 524220
brendahadfield@btinternet.com
Self help group for people who suffer from chronic pain.

Harbour Cancer Support Centre
02392 501503
www.harbourcancer.org.uk
Practical and emotional support for anyone affected by cancer.

Hospice UK
0207 520 8200
www.hospiceuk.org
Information and support for patients and carers.

Friendship & Memory Cafés - Lee on Solent, Wickham, Titchfield, Portchester, Gosport
01329 596706
john.james@homeinstead.co.uk
www.homeinstead.co.uk/fareham-gosport
Activities, refreshments, information and advice.

National Council for Palliative Care
0207 7697 1520
www.ncpc.org.uk
Information and publications on palliative care.

Open Sight
02380 641244
info@opensight.org.uk
www.opensight.org.uk
Charity supporting those with sight loss or deteriorating sight.

Say It Once
01794 519495
www.sayitonce.info
Service enabling users to record personal information.
Parkinson’s UK
0808 800 0303
www.parkinsons.org.uk
Support, friendship and leisure activities for those affected by Parkinson’s.

Royal British Legion
0808 802 8080
www.britishlegion.org.uk
Lifelong support for armed forces community.

The Princess Royal Trust for Carers in Hampshire
01264 835246
info@carercentre.com
www.carercentre.com
Charity providing information, advice, guidance and support to carers.

The Stroke Association
0303 3033 100
www.stroke.org.uk
Supporting stroke survivors and their carers who have communication difficulties.

Veterans UK
0808 1914218
www.gov.uk/veterans-uk
Pensions and compensation for those injured or bereaved through service.

Housing Information
01329 236100
customerservices@fareham.gov.uk
www.fareham.gov.uk/housing
Social housing and housing advice for rent via Fareham Borough Council and partners.

Elderly Accommodation Counsel
0800 377 7070
www.eac.org.uk
A housing advisory service and information about all types of accommodation for older people.

Shared Lives
0300 555 1386
Offers day care opportunities and short break/respite care, as well as long term care.

Sheltered Housing (Fareham Borough Council)
01329 236100
customerservices@fareham.gov.uk
www.fareham.gov.uk/housing
Fareham offers 26 sheltered housing dwellings for 55+.

CESSA Housing Association
0800 012 6625
ian.wilson@cessaha.co.uk
www.cessaha.co.uk
Sheltered housing for ex-service personnel.

The Earl of Southampton Trust
01329 513294
earlstrust@yahoo.co.uk
www.eost.org.uk
Offers alms-houses, welfare and benefits.

Guide to Residential Care
0300 555 1386
www.connecttosupporthampshire.org.uk
Information to help you choose the right residential care. Includes listings of care homes.

Looking After Your Home
B&Q Diamond Club
www.diy.com/diamond
10% discount on selected gardening and Christmas products for over 60s every Wednesday
BT – Free Priority Fault Repair
0800 800 151
www.bt.com
Free service to identify telephone line faults.

Buy with Confidence (Trading Standards)
01392 383430
www.buywithconfidence.gov.uk

Checkatrade
www.checkatrade.com
Free service providing a directory of vetted and checked tradesmen and service providers.

Energy Saving Trust
www.energysavingtrust.org.uk
Non-profit organisation that provides free advice on how to save energy and offer money-saving tips.

Gardening Service
01329 223140
www.cffirst.org.uk
Service for people finding it difficult to cope with and maintain their garden.

Friends and Companionship

Brendoncare Clubs
01962 852133
www.brendoncare.org.uk
Charity run care homes, close care and social clubs across Fareham.

Fareham Lunch Club
St John the Evangelist Church, 1st and 3rd Tuesday of the month 10.30 - 1.00pm.

Fareham Silver Tops
Broadlaw Community Space, Bishopsfeld Road. Every Wednesday 1.30 - 3.30pm.

Saturday Fareham Friendship Club
Fareham Library, 2 - 4pm every Saturday.

Communicare Lunch Clubs
07002 456 689
www.communicarelocksheath.org
Lunch clubs and transport in the Western wards of Fareham Borough.
Fareham Methodist Church Lunch Club  
☎ 01329 842646

First Friday of every month at 1pm. Please book in advance.

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Fareham Senior Citizens Lunch Club  
☎ 01329 232900

Holy Trinity Church Hall. Mondays 10.30-2pm. Some transport available - please call for more details.

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Portchester Lunch Club  
☎ 02392 321787

Portchester Community Centre. Mondays 11.45-1.30pm. Two course meal for £3.50.

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Portchester Methodist Church Lunch Club  
☎ 02392 379798

Fridays 12.00-1.30pm. Please call for details.

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Titchfeld Lunch Club  
☎ 01329 315615

Titchfield Community Centre. Wednesdays 10.30-2.00pm. Please book in advance.

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Active 60+ Club  
☎ 01489 574763

Exercise, entertainment and social activities for over 60s.

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Fareham Good Neighbours  
☎ 07756 864961  
✉ www.farehamgoodneighbours.org.uk

Offer a befriending and visiting service.

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Fareham Leisure Centre  
☎ 01329 233652  
✉ www.everyoneactive.com/centre/fareham-leisure-centre

Sports and leisure centre with two swimming pools.

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Fareham Library  
☎ 0300 555 1387  
✉ www.hants.gov.uk/library

Full library service, free internet access, Wi-Fi, social groups. Home library service available.

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Fareham Local History Group  
✉ www.catisfeld.com/farehamhistory

Come and find out more about local history.

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Fareham Walking 4 Health  
☎ 01329 231899  
✉ w4h.fareham@cfirst.org.uk  
✉ www.farehamw4h.org.uk

Guided walks led by volunteers.

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Holly Hill Leisure Centre  
☎ 01489 571064  
✉ www.everyoneactive.com/centre/holly-hill-leisure-centre

Sports and leisure centre with two swimming pools.

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Mid Century Club  
☎ 01329 661469

Monday night social club for over 50s.
Portchester Parish Hall, Castle Street

**Darby & Joan Club**
- **Phone**: 02392 210048
- **Email**: bronwynkirk@yahoo.co.uk

1st and 3rd Wednesday of each month from 2-4pm.

**Portchester Lunch Club**
- **Phone**: 01489 600778 or 07941 863018
- **Email**: botleyroad@yahoo.co.uk

Every Thursday from 10am - 1.30pm

**The Fareham Society**
- **Phone**: 01329 280526
- **Website**: www.thefarehamssociety.uk

Civic Society concerned with quality of life within the borough.

**The Portchester Society**
- **Email**: portchestercivic@yahoo.co.uk
- **Website**: www.portchestercivicsociety.co.uk

To promote the wellbeing of residents in Portchester.

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### Things to do and learn

Whether your thing is bridge or ballroom, art or Zumba, there are plenty of activities and classes being held at community venues near you. Ring or drop in to find out more.

**Ashcroft Arts Centre**
- **Phone**: 01329 223100
- **Website**: www.hampshireculturaltrust.org.uk/

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**Brookfeld Community School**
- **Phone**: 01489 480209
- **Website**: www.brookfeld.hants.sch.uk

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**Fareham Academy**
- **Phone**: 01329 318003
- **Website**: www.fareham-academy.hants.sch.uk/

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**Fareham College**
- **Phone**: 01329 815200
- **Website**: www.fareham.ac.uk

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**Fareham Leisure Card**

Offers a wide range of discounts on leisure activities for Fareham residents. Available from Fareham Leisure Centre.
Fareham Town Centre
Proud to be the first dementia friendly High Street in Hampshire. Staff and some shops have had training to raise awareness of dementia needs.

Fareport Talking News
☎ 01329 664364
News articles from local area delivered on USB stick for people with sight problems.

Henry Cort School
☎ 01329 843127
WWW.henry-cort.hants.sch.uk

Mayor’s Charity Events
WWW.fareham.gov.uk/mayor

Portchester Community School
☎ 02392 364399
WWW.portchester.hants.sch.uk

Reel Cinema
☎ 01329 821890
WWW.reelcinemas.co.uk
Seniors club showing every Tuesday.

University of the Third Age
WWW.3asites.org.uk/solent
Learning for older people no longer in full time work.

Volunteering

Volunteer Centre One Community
☎ 023 8090 2458
WWW.1community.org.uk
Volunteering opportunities in Fareham.

RVS
WWW.royalvoluntaryservice.org.uk
Volunteer service enriching lives of older people in Britain.
## Community Centres

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abshot</td>
<td>01489 480023</td>
<td><a href="mailto:admin@abshot.org.uk">admin@abshot.org.uk</a></td>
</tr>
<tr>
<td>Broadlaw Walk</td>
<td>0791 298 6500</td>
<td><a href="mailto:admin@sehco.org.uk">admin@sehco.org.uk</a></td>
</tr>
<tr>
<td>Burridge</td>
<td>02380 197841</td>
<td><a href="https://burridgevillagehall.page.tl">https://burridgevillagehall.page.tl</a></td>
</tr>
<tr>
<td>Catisfield</td>
<td>01329 596865</td>
<td><a href="http://www.catisfieldmemorialhall.co.uk">www.catisfieldmemorialhall.co.uk</a></td>
</tr>
<tr>
<td>Crofton</td>
<td>01329 662821</td>
<td><a href="http://www.croftoncommunitycentre.org">www.croftoncommunitycentre.org</a></td>
</tr>
<tr>
<td>Fareham North West</td>
<td>0777 424 9702</td>
<td><a href="http://farehamnwca.org.uk">http://farehamnwca.org.uk</a></td>
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<tr>
<td>The Highlands Hub</td>
<td>01329 609299</td>
<td><a href="http://www.highlandshub.org">www.highlandshub.org</a></td>
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<tr>
<td>Lockswood</td>
<td>01489 582512</td>
<td><a href="http://www.lockswood.org.uk">www.lockswood.org.uk</a></td>
</tr>
<tr>
<td>Portchester</td>
<td>02392 321787</td>
<td><a href="http://www.portchestercommunitycentre.co.uk">www.portchestercommunitycentre.co.uk</a></td>
</tr>
<tr>
<td>Priory Park</td>
<td>01489 582568</td>
<td><a href="http://www.prioryparkcommunitycentre.co.uk">www.prioryparkcommunitycentre.co.uk</a></td>
</tr>
<tr>
<td>Ranvilles</td>
<td>01329 842526</td>
<td></td>
</tr>
<tr>
<td>Salisbury Green</td>
<td>01489 573114</td>
<td><a href="http://www.salisburygreen.org.uk">www.salisburygreen.org.uk</a></td>
</tr>
<tr>
<td>Titchfield</td>
<td>01329 842933</td>
<td><a href="http://www.titchfelldcommunitycentre.weebly.com">www.titchfelldcommunitycentre.weebly.com</a></td>
</tr>
<tr>
<td>Victory Hall</td>
<td>01489 572913</td>
<td><a href="http://www.victoryhall.btck.co.uk">www.victoryhall.btck.co.uk</a></td>
</tr>
<tr>
<td>Wallington</td>
<td>07826 309186</td>
<td><a href="http://www.wvca.co.uk">www.wvca.co.uk</a></td>
</tr>
<tr>
<td>Whiteley</td>
<td>01489 881190</td>
<td><a href="http://www.whiteley-community.co.uk">www.whiteley-community.co.uk</a></td>
</tr>
</tbody>
</table>

## Money, Benefits and Help with Finances

### Age Concern Hampshire
**0800 328 7154**
Advice on paying for care.

### Attendance Allowance
**0800 731 0122**
Helps pay for your personal care if you’re older or disabled.

### Benefits Adviser
[www.gov.uk/benefits-calculators](http://www.gov.uk/benefits-calculators)
To get an estimate of what benefits and tax credits you might be entitled to.

### Carer’s Allowance and Carer’s Credit
**0800 731 0122**
To find out up to date information on these benefits.

### Citizens Advice Fareham
**03444 111 306**
[https://public.citafareham.org/citizensadvicefareham](https://public.citafareham.org/citizensadvicefareham)
If you are eligible for care through Adult Services, and do not wish to use the care provided, Direct Payments is used to pay for care or services arranged by you or someone acting on your behalf.

**Disability Living Allowance/Personal Independence Payment**
- **Direct Payments**  
  0300 555 1386  
  www.connecttosupporthampshire.org.uk
- **Disability Living Allowance/Personal Independence Payment**  
  0800 121 4600

Helps with the extra cost caused by long-term ill health or disability.

**Money Advice Service**  
- **Money Advice Service**  
  www.moneyadviceservice.org.uk

Provides information, advice and evidence.

**Pensions Advisory Service**  
- **Pensions Advisory Service**  
  0800 011 3797

Provides free information, advice and guidance.

**Society of Later Life Advisers**  
- **Society of Later Life Advisers**  
  0333 2020 454  
  https://societyoflaterlifeadvisers.co.uk/

List of care-fee advisers in your area.

**SSAFA (Soldiers, Sailors, Airmen and Families Association) Fareham and Gosport**  
- **SSAFA (Soldiers, Sailors, Airmen and Families Association) Fareham and Gosport**  
  07413 417226  
  www.ssafa.org.uk/hampshire

Help and support to individuals and families of those who serve in the Armed Forces and those who used to serve.

**The Pension Service**  
- **The Pension Service**  
  0800 731 0469  
  www.gov.uk

Provides information about pensions and pensioner benefits.

**Veterans Welfare Service**  
- **Veterans Welfare Service**  
  0808 1914 218  
  www.veterans-uk.info

Support and advice to service personnel and veterans.

**Keeping Safe**

**Floodline**  
- **Floodline**  
  0345 988 1188

Sign up for food warnings and get simple advice on what to do before, during and after a flood.

**Electrical & Gas Emergencies (National Grid)**  
- **Electrical & Gas Emergencies (National Grid)**  
  0800 111 999  
  www.nationalgrid.com

Contact us if you smell gas, suspect carbon monoxide leakage, want to report a fire or explosion or experience power loss. We will be able to tell you who supplies your gas or electricity.
Gas Safe Register
www.gassaferegister.co.uk

Official list of gas engineers who are qualified to work safely and legally on gas appliances.

Hampshire Bobby Trust
0300 777 0157
www.bluelamptrust.org.uk

Crime prevention and home security for elderly or vulnerable people.

Hampshire Constabulary
Call 101 for non-urgent matters or 999 for emergencies
www.hampshire.police.uk

Police force including crime prevention advice and local community policing teams.

Hampshire Fire and Rescue Service
02380 644000
www.hantsfire.gov.uk

Home Safety visits to vulnerable people in the community including over 60s.

Hampshire Highways
0300 555 1388
www.hants.gov.uk/transport

Roads, road maintenance, traffic, road safety, street lighting, pavements, licences, disabled bays.

Mailing Preference Service
0207 291 3310
www.mpsonline.org.uk

Contact to reduce the amount of junk mail delivered to you.

Portsmouth Water Emergency Line
02392 477999

For issues with supplying water.

Southern Water Emergency Line
0330 303 0368

For issues with waste water and sewerage.

Telephone Preference Service
0345 070 0707
www.tpsonline.org.uk

Stop unsolicited phone calls.

Victim Support
0808 168 9111
www.victimsupport.org.uk

Practical and emotional support if you have been a victim of crime.

Getting Around

Asda Bus
02380 274020

Free bus to Asda from Fareham Bus Station.

Driving and parking
0300 555 1376
www.connecttosupporthampshire.org.uk/driving

Information about driving for older or disabled people and how apply for a blue badge.

Communicare Locks Heath
07002 456689

Minibus shopping trips to Locks Heath Centre, Fareham, Gosport, Whiteley and Hedge End.

Community Transport
01329 223152
communitytransport.farehamgosport@cfirst.org.uk
www.cfirst.org.uk

Mini bus hire for local community groups and charities.

Concessionary Travel
0300 555 1376
www.hants.gov.uk/transport/publictransport/buspasses

Free bus travel for older people and those with specific disabilities.
**Dial-A-Ride Service**
☎ 01329 223151  
✉ www.cfirst.org.uk  
Door to door trips. NB - fees payable.

**First Group (Buses)**
☎ 0345 646 0707  
✉ www.firstgroup.com  
Bus operator within Fareham and surrounding areas.

**Motability**
☎ 0300 456 4566  
✉ www.motability.co.uk  
If you receive the higher rate mobility component of Disability Living Allowance, enhanced rate of the mobility component of PIP or War Pensioner’s Mobility Supplement it is possible to use it to buy or lease a car that has been specially adapted for your use.

**National Express**
☎ 0871 781 8181  
✉ www.nationalexpress.com  
Coach journeys throughout UK. Discounts available for older people and people with disabilities.

**National Rail**
☎ 03457 48 49 50  
✉ www.senior-railcard.co.uk  
✉ www.disabledpersons-railcard.co.uk  
Senior Rail Card for people over 60 and disabled person's rail card.

**Older Drivers Skills Scheme**
☎ 01962 846100  
✉ www.connecttosupporthampshire.org.uk/driving  
For people aged 60 years and over who want to update their driving skills and knowledge, want help in adapting to a new vehicle or want to gain confidence.

**Patient Transport Service**
For hospital appointments. Arranged on your behalf by GP or outpatient clinic. Certain criteria applies. Speak to your GP or consultant.

**Shopmobility**
☎ 01329 282929  
✉ jessica.woolridge@cfirst.org.uk  
✉ www.cfirst.org.uk  
Mobility scooter and wheelchair hire based in the town centre.

**Voluntary Car Scheme**
✉ www.communicarelocksheath.org  
Transport to medical appointments, please call between 9.30am-5.00pm, Monday-Friday.
☎ Western Wards - 07002 456689
Things to Remember

Your phone number: .................................................................
Next of kin: ...........................................................................
Other emergency contact: ....................................................
Your address: ...........................................................................
............................................................................................
Waste Collection Day: ...........................................................
Recycling Collection Day: ......................................................
Medication: ..............................................................................

Other Useful Numbers

Doctor: ....................................................................................
Dentist: ..................................................................................
Vet: ........................................................................................
Emergency numbers: ............................................................
Gas/electricity problems: .......................................................