



# THE WISE GUIDE

**A directory of  
useful contacts  
for our older  
residents**



**FAREHAM**  
BOROUGH COUNCIL

# Welcome to The Wise Guide

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**Fareham Borough Council has partnered with One Community to provide this directory of useful contacts to help older residents stay healthy, independent, social and active.**



It is estimated that one in every eight households across Hampshire is occupied by a pensioner living alone and Fareham has experienced the largest rise of residents aged over 85 across Hampshire in the last 20 years. Loneliness and social isolation can be a problem for some older people, so The Wise Guide has been produced to help them to remain active and

engaged in their community and reduce isolation and loneliness.

While you may not fall into this age bracket or feel you need this directory of contacts yourself, the Council encourages you to share the details of this publication with friends, family and neighbours who may find it useful.

Thank you.

Information correct at time of publication and will be reviewed annually.



# Important Organisations

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## Age Concern (Hampshire)

● [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

☎ 0800 328 7154

Advice and Information on local services for over 50s.

## Age UK

● [www.ageuk.org.uk](http://www.ageuk.org.uk)

☎ 0800 678 1602

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

## BT – Free Priority Fault Repair

● [www.bt.com](http://www.bt.com)

☎ 0800 800 151

Free service to identify telephone line faults.

## Buy with Confidence

● [www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk)

☎ 01392 383 430

Trading standards. Directory of approved traders.

## Checktrade

● [www.checktrade.com](http://www.checktrade.com)

Free service providing a directory of tradesmen and service providers.

## Choices Advocacy

● [www.choices-advocacy.org.uk](http://www.choices-advocacy.org.uk)

☎ 02380 783715.

A local charity providing independent advocacy and person-centred planning.

## Citizens Advice Fareham

● [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

☎ 0808 278 7964 or 01329 237121

Offering confidential, independent, free and impartial advice on Benefits, work, debt and money, consumer, housing, family, law and courts, immigration, and health.

## Community Centres

● [www.fareham.gov.uk/leisure/community/communitycentres.aspx](http://www.fareham.gov.uk/leisure/community/communitycentres.aspx)

Contact details of Community Centres across Fareham.

## Community Independence Team

☎ 0300 555 1386

Help for over 55s to maintain their independence with everyday activities.

## Community Pantries

● [www.fareham.gov.uk/communityhelp](http://www.fareham.gov.uk/communityhelp)

☎ 01329 236100

There are three Community Pantries in Fareham offering support for those in need.

## Connect to Support Hampshire

● [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

Information, advice and services to help you live independently.

## Hampshire Adult Services

● [www.hants.gov.uk/socialcareandhealth](http://www.hants.gov.uk/socialcareandhealth)

✉ [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk)

☎ 0300 555 1386

Includes social care, residential and nursing care homes and protecting people from abuse.



### Elder Abuse (We are Hour Glass)

🌐 [www.wearehourglass.org](http://www.wearehourglass.org)  
☎ 0808 808 8141

If you think an elderly person is being abused, please call the helpline.

### Electrical & Gas Emergencies

🌐 [www.nationalgrid.com](http://www.nationalgrid.com)  
☎ 0800 111 999

Contact if you smell gas or suspect carbon monoxide leakage. Report a fire, explosion or experience power loss. Get advice on who supplies your gas or electricity.

### Emergency Planning for Carers

☎ 08007 691 577

Help for carers should an emergency arise when you are not be able to provide their care for someone else. Up to 48 hours may be available in the event of an emergency.

### Fareham & Gosport Food Bank

🌐 [www.friendsofthehomeless.org.uk](http://www.friendsofthehomeless.org.uk)  
☎ 01329 822204

Voucher system for food parcels to those in need.

### Fareham Borough Council

🌐 [www.fareham.gov.uk](http://www.fareham.gov.uk)  
☎ 01329 236100  
☎ 0800 374485 (emergency out of hours)

For all Fareham Borough Council Service enquiries.

### Fareham Volunteers

🌐 [www.farehamvolunteers.org.uk](http://www.farehamvolunteers.org.uk)  
☎ 01329 223 140

Signposting potential volunteers to community group vacancies in Fareham.

### Floodline

🌐 [check-for-flooding.service.gov.uk](http://check-for-flooding.service.gov.uk)  
☎ 0345 988 1188

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

### Gas Safe Register

🌐 [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)  
☎ 0800 408 5500

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

### Guide to Residential Care

🌐 [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)  
☎ 0300 555 1386

Information to help you choose the right residential care. Includes listings of care homes.



### Hampshire Bobby Trust

🌐 [www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk)  
☎ 0300 777 0157

Crime prevention and home security for elderly or vulnerable people.

### Hampshire County Council

🌐 [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)  
☎ 0300 555 1386

Resources to look after yourself, stay safe and connected with your local community.

### Hampshire Fire & Rescue Service

🌐 [www.hantsfire.gov.uk](http://www.hantsfire.gov.uk)  
☎ 02380 644 000

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

### Hampshire Highways

🌐 [www.hants.gov.uk/transport](http://www.hants.gov.uk/transport)  
☎ 0300 555 1388

Highways, transport and traffic information.

### Mailing Preference Service

🌐 [www.mpsonline.org.uk](http://www.mpsonline.org.uk)  
☎ 0207 291 3310

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

### NHS 111

🌐 [www.nhs.uk/111](http://www.nhs.uk/111)  
☎ Call 111

For fast medical help but not life threatening.

### One Community

🌐 [www.1community.org.uk/Fareham](http://www.1community.org.uk/Fareham)  
☎ 01329 239934

Based in Fareham Shopping Centre. Volunteering, advice, support and signposting for residents and organisations

### Our Local MPs

If you would like to contact your Members of Parliament:

Fareham: Suella Braverman

✉ [suella.braverman.mp@parliament.uk](mailto:suella.braverman.mp@parliament.uk)

Stubbington, Hill Head & Gosport:

Caroline Dinenage

✉ [caroline.dinenage.mp@parliament.uk](mailto:caroline.dinenage.mp@parliament.uk)

You can write to: House of Commons, London, SW1A 0AA.

### Police (non-emergencies)

☎ 101

### Police/Fire/Ambulance/Coastguard

☎ 999

### Portsmouth & East Hampshire Samaritans

🌐 [www.samaritans.org](http://www.samaritans.org)  
☎ 116123

Emotional support for anyone who is distressed, in despair or suicidal. Open 365 days a year, 24 hours a day, Seven days a week.

### Portsmouth Water Emergency Line

☎ 02392 477 999

For issues with water supply.

### Southern Water Emergency Line

☎ 0330 303 0368

For issues with waste water and sewerage.

### Telephone Preference Service

🌐 [www.tpsonline.org.uk](http://www.tpsonline.org.uk)  
☎ 0345 070 0707

Stop unsolicited phone calls.

### UK Government

🌐 [www.gov.uk](http://www.gov.uk)

Information for all national public services.



## Money, Benefits & Help with Finances

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### Attendance Allowance

- [www.gov.uk/attendance-allowance](http://www.gov.uk/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 & Carer's Credit

- [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)
- [www.gov.uk/carers-credit](http://www.gov.uk/carers-credit)
- ☎ 0800 731 0122

Allowance if you care for someone full time.

### Citizens Advice Fareham

- [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- ☎ 0808 278 7964 or 01329 237121

Offering confidential, independent, free and impartial advice on Benefits, work, debt and money, consumer, housing, family, law and courts, immigration, and health.

### Direct Payments

- [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)
- ☎ 0300 555 1386

Direct Payments is used to pay for care or services arranged by you or someone acting on your behalf.

### Energy Saving Trust

- [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

Free advice on how to save energy and offer money-saving tips.





### Lasting Power of Attorney Service

- 🌐 [www.gov.uk/power-of-attorney/make-lasting-power](http://www.gov.uk/power-of-attorney/make-lasting-power)
- ☎ 0300 456 0300

Information helping you create and register Lasting Powers of Attorney (LPOA).

### The Earl of Southampton Trust

- 🌐 [www.eost.org.uk](http://www.eost.org.uk)
- ✉ [earlstrust@yahoo.co.uk](mailto:earlstrust@yahoo.co.uk)
- ☎ 01329 513294

Offers alms-houses, welfare and benefits for residents in Western Wards.

### Money Helper

- 🌐 [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

Provides information and advice on money matters.

### The Pension Service

- 🌐 [www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service)
- ☎ 0800 731 0469

Provides information about pensions and pensioners' benefits.

### National Energy Action

- 🌐 [www.nea.org.uk](http://www.nea.org.uk)
- ☎ 0800 304 7159

Advice and support to people struggling to heat their homes affordably.

### Turn2us

- 🌐 [www.turn2us.org.uk](http://www.turn2us.org.uk)
- ☎ 0808 802 2000

To access benefits and grants.

### Pensions Advisory Service

- ☎ 0800 011 3797

Provides free information, advice and guidance.

### Veterans UK

- 🌐 [www.gov.uk/veterans-uk](http://www.gov.uk/veterans-uk)
- ☎ 0808 1914218

Pensions and compensation for those injured or bereaved through service.

### Personal Independence Payment

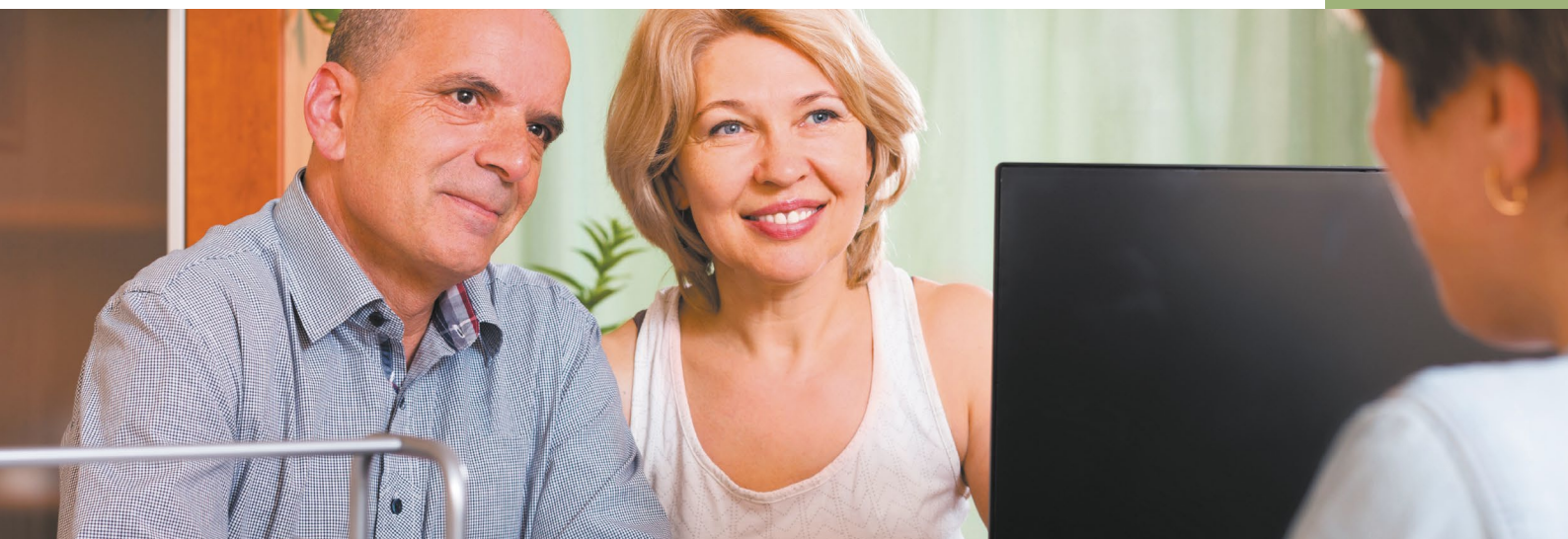
- 🌐 [www.gov.uk/pip](http://www.gov.uk/pip)
- ☎ 0800 121 4600

Replacing Disability Living Allowance. Helps with the extra cost caused by long-term ill health or disability.

### Society of Later Life Advisers

- 🌐 [www.societyoflaterlifeadvisers.co.uk](http://www.societyoflaterlifeadvisers.co.uk)
- ☎ 0333 2020 454

Help to find trusted accredited financial advisers who understand financial needs in later life.





## Health, Wellbeing & Support

### Action on Hearing Loss

- 🌐 [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)
- ☎ 0808 808 0123

Support and advice with hearing loss, deafness and tinnitus and help to protect hearing.

### Alzheimer's Society

- 🌐 [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- ✉ [portsmouth@alzheimers.org.uk](mailto:portsmouth@alzheimers.org.uk)
- ☎ 02392 892035

Information and support for people with Alzheimer's. Activity groups available to dementia patients and their carers.

### Autism Hampshire

- 🌐 [www.autismhampshire.org.uk](http://www.autismhampshire.org.uk)
- ✉ [information.advice@autismhampshire.org.uk](mailto:information.advice@autismhampshire.org.uk)
- ☎ 02380 766162

Help for people with Autism and their families by providing information, advice and guidance.

### B&Q Diamond Club

- 🌐 [www.diy.com/diamond](http://www.diy.com/diamond)

10% discount on selected gardening and Christmas products for over 60s every Wednesday.

### Bladder & Bowel Foundation

- 🌐 [www.bladderandbowel.org](http://www.bladderandbowel.org)
- ✉ [help@bladderandbowel.org](mailto:help@bladderandbowel.org)

Improving awareness and solutions to bladder and bowel problems across the UK.

### Brendoncare Clubs

- 🌐 [www.brendoncare.org.uk](http://www.brendoncare.org.uk)
- ☎ 01962 852 133

Charity run care homes, close care and social clubs across Fareham.

### British Association for Counselling & Psychotherapy

- 🌐 [www.bacp.co.uk](http://www.bacp.co.uk)
- ☎ 01455 883300

Directory of accredited counsellors.





### Care After Combat

- [www.careaftercombat.org](http://www.careaftercombat.org)
- ☎ 0300 343 0255
- ✉ [enquiries@careaftercombat.org](mailto:enquiries@careaftercombat.org)

Professional assistance for the well-being of veterans and their families.

### Castle Street Day Centre

- [www.portchester.hants.sch.uk/adult-day-care-centre](http://www.portchester.hants.sch.uk/adult-day-care-centre)
- ☎ 02392 221165

Providers of elderly, frail and dementia day care.

### Cinnamon Trust

- [www.cinnamon.org.uk](http://www.cinnamon.org.uk)
- ☎ 01736 757900

Charity offering support for elderly people with pets.

### Combat Stress

- [www.combatstress.org.uk](http://www.combatstress.org.uk)
- ☎ 0800 138 1619

24-hour veterans mental health helpline.

### Counselling Directory

- [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)
- ☎ 0333 325 2500

Provides a directory of professional counsellors.

### Dementia Friendly Hampshire

- ✉ [jane.ward@dementiafriendlyhampshire.org.uk](mailto:jane.ward@dementiafriendlyhampshire.org.uk)
- ☎ 07557 653 229

Fareham was the first town in Hampshire to become Dementia Friendly.

### Disabled Adaptations (Occupational Therapy)

- [www.connecttosupporthampshire.org.uk/equipmentforhouse](http://www.connecttosupporthampshire.org.uk/equipmentforhouse)
- ✉ [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk)
- ☎ 0300 555 1386

Help to adapt your home to suit your mobility or disability needs.

### Disabled People's Voice

- [www.dpv.org.uk](http://www.dpv.org.uk)
- ☎ 07367 494 681

Providing information and peer support to help people make the best use of the care and health system.

### Elderly Accommodation Counsel

- [www.eac.org.uk](http://www.eac.org.uk)
- ☎ 0800 377 7070

For older people, their families and carers aiming to get the help or care they need to live independently.

### Fareham Exercise Referral Scheme

- [www.fareham.gov.uk/leisure/exercisereferral.aspx](http://www.fareham.gov.uk/leisure/exercisereferral.aspx)
- ☎ 01329 233652

People with certain health issues can be referred to support exercising at Fareham Leisure Centre and Holly Hill Leisure Centre.

### Fareham Good Neighbours

- [www.farehamgoodneighbours.org.uk](http://www.farehamgoodneighbours.org.uk)
- ☎ For a befriender 07756 864 961
- ☎ To volunteer 07512 078 420

Bringing together the lonely, elderly or infirm in Fareham with a befriender.

### Fareham & Gosport Lip readers

- ✉ [secretary@fglipreaders.org.uk](mailto:secretary@fglipreaders.org.uk)
- ☎ 01489 878 659

Provides professional tutors to teach adults lip-reading skills and management of hearing loss.

### Fareham Leisure Card

- [www.fareham.gov.uk/leisure/out\\_and\\_about\\_in\\_fareham/leisurecard.aspx](http://www.fareham.gov.uk/leisure/out_and_about_in_fareham/leisurecard.aspx)

Leisure discount card available for Fareham residents.

### Fareham Leisure Centre

- [www.everyoneactive.com/centre/fareham-leisure-centre](http://www.everyoneactive.com/centre/fareham-leisure-centre)
- ☎ 01329 233 652

Gym, exercise classes and swimming facilities. Over 50s group which includes badminton, tennis, choir and forever fit class (annual membership required).

### Fareham Macular Support Group

- ✉ [david.fb.kett@talk21.com](mailto:david.fb.kett@talk21.com)
- ☎ 01329 231356

Support for those suffering from age-related macular degeneration and their carers.

### Foot Care Service

- [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)
- ☎ 01489 572819

Toenail cutting and basic foot health check for over 50s.

### Friends Through Pain

- ✉ [brendahadfield@btinternet.com](mailto:brendahadfield@btinternet.com)
- ☎ 02392 524 220 / 07980 094 859

Self-help group for people who suffer from chronic pain. Meetings at Stubbington Church, Jay Close, Stubbington PO14 3TA on the last Thursday of every month, 10am-12.30pm with speakers, quizzes or a chat.

### Fareham Walking-4-Health

- [www.cfirfirst.org.uk/wellbeing/health-walks](http://www.cfirfirst.org.uk/wellbeing/health-walks)
- ✉ [w4h.fareham@cfirfirst.org.uk](mailto:w4h.fareham@cfirfirst.org.uk)

Led walks lasting between 30-90 minutes for all abilities to improve fitness and give sociable company.

### Gardening Service

- ✉ [gardening@cfirfirst.org.uk](mailto:gardening@cfirfirst.org.uk)
- ☎ 01329 223 140

Service for people finding it difficult to cope with and maintain their garden.

### Hampshire Friends with ME

- [www.friendswithme.org.uk](http://www.friendswithme.org.uk)
- ✉ [members@friendswithme.org.uk](mailto:members@friendswithme.org.uk)
- ☎ 02380 633 951

Hampshire Friends with ME offers on-going support, helpful information and advice to people affected by ME/Chronic Fatigue Syndrome, including their relatives and carers.

### Harbour Cancer Support

- [www.harbourcancer.org.uk](http://www.harbourcancer.org.uk)
- ☎ 02392 501 503

Practical and emotional support for anyone affected by cancer.

### Headway Portsmouth & South East Hampshire

- [www.headwayportsmouth.co.uk](http://www.headwayportsmouth.co.uk)
- ✉ [info@headwayportsmouth.co.uk](mailto:info@headwayportsmouth.co.uk)
- ☎ 02392 664 972

Working with people in the community who have experienced brain injury, their family and carers.



### Healthwatch Hampshire

🌐 [www.healthwatchhampshire.co.uk](http://www.healthwatchhampshire.co.uk)  
☎ 01962 440 262

Healthwatch gathers feedback from people using health and care services to hold the services to account.

### Holly Hill Leisure Centre

🌐 [www.everyoneactive.com/centre/holly-hill-leisure-centre/](http://www.everyoneactive.com/centre/holly-hill-leisure-centre/)  
☎ 01489 571 064

Gym, exercise classes and swimming facilities. Forever fit class (pay as you go).

### Home Helps

✉ [homehelp@cfirst.org.uk](mailto:homehelp@cfirst.org.uk)  
☎ 01329 223144

Home Help service arranging regular help with cleaning or shopping. This service does not include personal care.

### Hospice UK

🌐 [www.hospiceuk.org](http://www.hospiceuk.org)  
☎ 0207 520 8200

Information and support for patients and carers.

### Ileostomy Association

🌐 [www.iasupport.org](http://www.iasupport.org)  
✉ [hantsiow@iasupport.org](mailto:hantsiow@iasupport.org)  
☎ 02392 352 476/02380 485 959

A support group run by and for people with Ileostomies and internal pouches with the aim of helping people live a full and active life after surgery.

### Independent Age

🌐 [www.independentage.org](http://www.independentage.org)  
✉ [advice@independent.org](mailto:advice@independent.org)  
☎ 0800 319 6789

National advice and befriending charity.

### iTalk

🌐 [www.italk.org.uk](http://www.italk.org.uk)  
✉ [WHCCG.italkservices@nhs.net](mailto:WHCCG.italkservices@nhs.net)  
☎ 02380 383 920

Free treatment for people suffering from depression, anxiety and stress.

### Kidney Care UK

🌐 [www.kidneycareuk.org](http://www.kidneycareuk.org)  
✉ [info@kidneycareuk.org](mailto:info@kidneycareuk.org)  
☎ 01420 541424

The British Kidney Association is a national charity providing advice, information and support to improve the quality of life for everyone affected by kidney disease.



### Live with COPD

- 🌐 [www.lwcopd.co.uk](http://www.lwcopd.co.uk)
- ✉ [enquiries@lwcopd.co.uk](mailto:enquiries@lwcopd.co.uk)
- ☎ 07468 054 992

Advice, information and support for people with lung conditions.

### Lockswood Wellbeing Centre

- ✉ [lockswooddcc@ageconcernhampshire.org.uk](mailto:lockswooddcc@ageconcernhampshire.org.uk)
- ☎ 01489 578152

Providers of day care, toe nail cutting, showering and carers' meetings.

### Mind

- 🌐 [www.mind.org.uk](http://www.mind.org.uk)
- ☎ 0300 123 3393

Dealing with mental health, anxiety and depression.

### Mountbatten Hampshire

- 🌐 [www.mountbatten-hampshire.org.uk](http://www.mountbatten-hampshire.org.uk)
- ☎ 02382 548860

Southampton based hospice and local community care for people with life limiting illness.

### Multiple Sclerosis Society Gosport & Fareham

- 🌐 [www.gosportandfarehamms.org.uk](http://www.gosportandfarehamms.org.uk)
- ☎ 02392 581 406

Clubs include Neuro-physio, yoga and craft.

### National Ankylosing Spondylitis Society

- 🌐 [www.nass.co.uk](http://www.nass.co.uk)
- ✉ [splodge4@btinternet.com](mailto:splodge4@btinternet.com)
- ☎ 02392 262 753

NASS Portsmouth holds exercise sessions in the evening at Queen Alexandra Hospital and are overseen by a fully qualified physiotherapist.

### National Rheumatoid Arthritis Society

- 🌐 [www.nras.org.uk](http://www.nras.org.uk)
- ✉ [Volunteers@nras.org.uk](mailto:Volunteers@nras.org.uk)
- ☎ 01628 823 524

Provides support and information for people with rheumatoid/inflammatory arthritis.

### Open Sight

- 🌐 [www.opensight.org.uk](http://www.opensight.org.uk)
- ✉ [info@opensight.org.uk](mailto:info@opensight.org.uk)
- ☎ 02380 641244

Charity supporting those with sight loss or deteriorating sight.

### Parkinson's UK – Fareham Branch

- 🌐 [www.parkinsons.org.uk](http://www.parkinsons.org.uk)
- ✉ [bvso.south@parkinsons.org.uk](mailto:bvso.south@parkinsons.org.uk)
- ☎ 0844 225 3674

For anyone with Parkinson's, their carers and friends. Offering support, information, activities and subsidised respite care.

### Portchester Civic Society

- 🌐 [www.portchestercivicsociety.co.uk](http://www.portchestercivicsociety.co.uk)
- ✉ [portchestercivic@yahoo.co.uk](mailto:portchestercivic@yahoo.co.uk)

To promote the wellbeing of residents in Portchester.

### Portchester Diabetes Support Group

- ☎ 02392 382104
- ✉ [gaypc@yahoo.com](mailto:gaypc@yahoo.com)

Support group for people with diabetes. Meets at the Portchester Parish Hall on the first Monday of the month.

### Portchester Stroke Club

- ☎ 01329 232 461 or 030 3303 3100

Call for meeting time and venue.

### Queen Alexandra Hospital Chaplaincy Team

- 🌐 [www.porthosp.nhs.uk/departments/chaplaincy/chaplaincy/chaplaincy](http://www.porthosp.nhs.uk/departments/chaplaincy/chaplaincy/chaplaincy)
- ☎ 02392 286 408

Meet spiritual needs of patients and relatives of all faiths and none.

### Relate Portsmouth District

- ✉ [Relate@relateportsmouth.org.uk](mailto:Relate@relateportsmouth.org.uk)
- ☎ 02392 827 026

Relate offers relationship counselling to both couples or individuals, workshops, consultations, and support face to face or by phone.

### Rowans Living Well Centre

- 🌐 [www.rowanshospice.co.uk/your-care/living-well-centre](http://www.rowanshospice.co.uk/your-care/living-well-centre)
- ☎ 02392 248 011

Providing a relaxed and safe environment for people affected by life-limiting illness, their carers, partners and family members.

### Royal British Legion

- 🌐 [www.britishlegion.org.uk](http://www.britishlegion.org.uk)
- ☎ 0808 802 8080

Lifelong support for Armed Forces community.

### Say It Once

- 🌐 [www.sayitonce.info](http://www.sayitonce.info)
- ☎ 01794 519495

Service enabling users to record personal information.

### ShapeUp4Life

- 🌐 [www.shapeup4lifehampshire.co.uk](http://www.shapeup4lifehampshire.co.uk)
- ☎ 02382 180287

Free weight management programme funded by Hampshire County Council

### Shared Lives

- ☎ 0300 555 1386

Offers day care opportunities and short break/respice care, as well as long term care.

### Shopmobility

- 🌐 [www.cfirst.org.uk](http://www.cfirst.org.uk)
- ☎ 01329 282 929

Mobility scooter and wheelchair hire based in the Fareham town centre.

### Silverline

- 🌐 [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- ☎ 0800 4 70 80 90

Free confidential helpline and friendship for older people.

### Solent Laryngectomy Club

- ✉ [Annmyers@live.co.uk](mailto:Annmyers@live.co.uk)
- ☎ 01243 572 356

Giving support pre and post operation for all Laryngectomy, head and neck patients. Practical help, socialising, swimming and rehabilitation.

### Southampton Hospitals & Countess Mountbatten: Chaplaincy Team

- 🌐 [www.porthosp.nhs.uk/patients\\_and\\_visitors/chaplaincy-service.htm](http://www.porthosp.nhs.uk/patients_and_visitors/chaplaincy-service.htm)
- ✉ [chaplaincyservices@porthosp.nhs.uk](mailto:chaplaincyservices@porthosp.nhs.uk)
- ☎ 023 9228 6408

Offers support during a person's stay in hospital or in a hospice, as well as for family and carers.

### SSAFA

- 🌐 [www.ssafa.org.uk/hampshire](http://www.ssafa.org.uk/hampshire)
- ☎ 07413 417 226

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

### Steady & Strong falls prevention

- 🌐 [www.fareham.gov.uk/leisure/exercisereferral.aspx](http://www.fareham.gov.uk/leisure/exercisereferral.aspx)
- ☎ 01329 233652

Self-referral class to help prevent falls. Book in advance for Thursday 3:15pm, £5 per class, at Fareham Leisure Centre.

### Surgery Signposters

- ☎ 02392 377 514

Putting you in touch with local community services and charities that provide information and help to improve health, well-being and support. Please phone Monday- Friday after midday and ask for an appointment to see one of the team.

### The British Red Cross

- 🌐 [www.redcross.org.uk](http://www.redcross.org.uk)
- ☎ 01329 234446/02380 624446

Mobility Aid loans and equipment. Support at home service after hospital stays. Open Monday to Friday from 9:30-11:30 behind Fareham Health Centre.

### The Fareham Society

- 🌐 [www.thefarehamsociety.uk](http://www.thefarehamsociety.uk)
- ☎ 01329 280 526

Civic Society concerned with quality of life within the Borough.

### The Muscular Dystrophy Campaign Fareham, Hampshire & UK

- 🌐 [www.muscular-dystrophy.org](http://www.muscular-dystrophy.org)
- ✉ [p.tomlinson@muscular-dystrophy.org](mailto:p.tomlinson@muscular-dystrophy.org)
- ☎ 020 8688 9373

Raising awareness of MS conditions and award grants towards the cost of specialist equipment, such as powered wheelchairs.

### Princess Royal Trust for Carers in Hampshire

- 🌐 [www.carercentre.com](http://www.carercentre.com)
- ✉ [info@carercentre.com](mailto:info@carercentre.com)
- ☎ 01264 835246

Support groups offer opportunities for carers to get together, to share experiences, raise concerns and hear informative talks by guest speakers.

### The Stroke Association

- 🌐 [www.stroke.org.uk](http://www.stroke.org.uk)
- ✉ [mandy.souter@stroke.org.uk](mailto:mandy.souter@stroke.org.uk)
- ☎ 01730 233 998 or 07515 596920 or 02380 720420

Local groups offering friendship and support to stroke sufferers and their carers.

### Veterans Welfare Service

- 🌐 [www.veterans-uk.com](http://www.veterans-uk.com)
- ☎ 0808 1914 218

Information, support and advice to service personnel and veterans.

### Victim Support

- 🌐 [www.victimsupport.org.uk](http://www.victimsupport.org.uk)
- ☎ 0808 168 9111

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

### Wessex Cancer Trust

- 🌐 [www.wessexcancer.org.uk](http://www.wessexcancer.org.uk)
- ✉ [chandlersford.centre@wessexcancer.org.uk](mailto:chandlersford.centre@wessexcancer.org.uk)
- ☎ 02380 516576

Help and support to people with cancer.

### WILD (Wessex Interstitial Lung Disease support group)

- 🌐 [www.wildsupport.co.uk](http://www.wildsupport.co.uk)
- ✉ [Vanessa.titmuss@porthosp.nhs.uk](mailto:Vanessa.titmuss@porthosp.nhs.uk)
- ☎ 02392 286000

Sharing expertise and experience for patients managing their conditions. Meet quarterly at Eastleigh Bowls Club.



## Transport

### Asda Bus

☎ 02380 274020

Free bus to Asda from Fareham Bus Station.

### Communicare

🌐 [www.communicarelocksheath.org](http://www.communicarelocksheath.org)

☎ 07002 456 689

Transport to medical appointments for Western Ward residents.

### Concessionary Travel

🌐 [www.hants.gov.uk/transport/publictransport/buspasses](http://www.hants.gov.uk/transport/publictransport/buspasses)

☎ 0300 555 1376

Free bus travel for older people and those with specific disabilities.

### Dial-a-ride in Fareham & Gosport

🌐 [www.cfirst.org.uk/community-transport](http://www.cfirst.org.uk/community-transport)

☎ 01329 223 151

Door to door trips. Fees payable.

### Driving & parking

🌐 [www.connecttosupporthampshire.org.uk/driving](http://www.connecttosupporthampshire.org.uk/driving)

☎ 0300 555 1376

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

### Driving Miss Daisy

🌐 [www.drivingmissdaisy.co.uk](http://www.drivingmissdaisy.co.uk)

☎ 0333 014 6211

Transportation and companion driving services for the elderly, children, disabled and for anyone who is unable to drive from A to B.

### Fareham Voluntary Car Scheme

☎ 01329 231 899

Service for people living in Fareham town and Titchfield giving assistance with travel to medical appointments. Wheelchair accessible vehicle available for hire.

### **First Group (Buses)**

🌐 [www.firstgroup.com](http://www.firstgroup.com)  
☎ 0345 646 0707

Bus operator within Fareham and surrounding areas.

### **Motability**

🌐 [www.motability.co.uk](http://www.motability.co.uk)  
☎ 0300 456 4566

Mobility supplement which makes it possible to buy or lease a car adapted to meet your specific needs.

### **National Express**

🌐 [www.nationalexpress.com](http://www.nationalexpress.com)  
☎ 0871 781 8181

Coach journeys throughout UK. Discounts available for older people and people with disabilities.

### **National Rail**

☎ 03457 484 950

National Rail offer a Senior Rail Card for people over 60 and disabled person's rail card.

### **Older Drivers Skills Scheme**

🌐 [www.connecttosupporthampshire.org.uk/driving](http://www.connecttosupporthampshire.org.uk/driving)  
☎ 01962 846 100

For people aged 60 years and over who want to update their driving skills and knowledge.

### **Patient Transport Service**

Transport for hospital appointments. Arranged on your behalf by GP or outpatient clinic. Certain criteria applies.

### **Portchester Voluntary Care Group**

☎ 07759 472473

Service for people in Portchester for travel to hospital appointments, GP transport and other health related transport.

### **Shopmobility**

🌐 [www.cfirst.org.uk](http://www.cfirst.org.uk)  
☎ 01329 282 929

Mobility scooter and wheelchair hire based in the Fareham town centre. They can also arrange for transport to and from your home as well as mobility rentals for holidays in the UK.

### **Stubbington & Hill Head Voluntary Care Group**

☎ 07832 330 308

Assistance with health transport, prescription collection, sitting service, befriending, visiting for residents in Stubbington and Hill Head.

# Lunch Clubs

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## Communicare Lunch Clubs

🌐 [www.communicarelocksheath.org](http://www.communicarelocksheath.org)

☎ 07002 456 689

Lunch clubs and transport in the Western Wards of Fareham Borough.

## Locks Heath Communicare Association

☎ 07002 456 689

**Monday Lunch Club:**

Sarisbury Green Community Centre

**Tuesday Lunch Club:** Victory Hall, Warsash Road, Warsash.

## Meals on Wheels

🌐 [www.hants.gov.uk/meals-on-wheels](http://www.hants.gov.uk/meals-on-wheels)

☎ 01962 779338

Meal delivery service for those aged 55 and over.

## Portchester Community Association Lunch Clubs

☎ 02392 210048

Portchester Methodist Church, Castle St, Portchester. Mondays and Wednesdays 12noon.

## Portchester Parish Hall Lunch Club

01489 600 778

Portchester Parish Hall, Assheton Court, Portchester. Thursdays 11am – 2pm.

## St John's Church Lunch Club

☎ 01489 578 082

St John's Church, Church Road, Locks Heath. On the third Tuesday of every month, at 12.40pm. Make friends, meet existing friends and have a chat over tea and biscuits.

## Titchfield Lunch Club

☎ 01329 315 615

Wednesdays at Titchfield Community Centre, Mill Street, Titchfield.

## Friends of the Homeless Sunday Lunch

☎ 01329 822 204

Xperience Youth Centre, Trinity Street, Fareham. Sunday 1.00pm - 3.30pm working in conjunction with Christians Together in Fareham.

## Holy Trinity Church Lunch Club

☎ 01329 232 900

Holy Trinity Church, West Street, Fareham. Mondays 11.00am - 2.00pm.

## Sacred Heart Lunch Club

☎ 01329 234 004

Hartlands Road, Fareham. Thursdays 11.30am - 1.30pm.



## Entertainment

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### Ashcroft Arts Centre

🌐 [www.ashcroft.org.uk](http://www.ashcroft.org.uk)

☎ 01329 223 100

The Ashcroft Art Centre is a great venue for live performances, shows and classes.

### Brendoncare Clubs

🌐 [www.brendoncare.org.uk](http://www.brendoncare.org.uk)

☎ 01962 852 133

Charity run care homes, close care and social clubs across Fareham.

### Community Centres

🌐 [www.fareham.gov.uk/leisure/community/communitycentres.aspx](http://www.fareham.gov.uk/leisure/community/communitycentres.aspx)

Contact details of Community Centres across Fareham. Contact for group and event information.

### Hampshire Libraries

🌐 [www.hants.gov.uk/library](http://www.hants.gov.uk/library)

☎ 0300 555 1387

Located in Fareham, Stubbington, Lock Heath and Portchester.

### Fareham Local History Group

🌐 [www.catisfield.com/farehamhistory](http://www.catisfield.com/farehamhistory)

Come and find out more about local history.

### Titchfield Festival Theatre

🌐 [www.titchfieldfestivaltheatre.com](http://www.titchfieldfestivaltheatre.com)

☎ 0333 666 3366

The UK's largest amateur theatre group.

### Westbury Manor Museum

🌐 [www.hampshireculture.org.uk/westbury-manor-museum](http://www.hampshireculture.org.uk/westbury-manor-museum)

☎ 01329 822 063

Discover stories in the heart of Fareham about the towns people, heritage and industrial past. You can also enjoy the Museum's café and gardens.

### Mid Century Club

☎ 01329 661 469

Monday night social club for over 50s.

### University of the Third Age

🌐 <https://u3asites.org.uk/solent>

Learning for older people no longer in full time work.

This is just a tiny selection of the clubs and entertainment in Fareham as we could not publish them all. For more information go to:  
[www.fareham.gov.uk/leisure](http://www.fareham.gov.uk/leisure)

## Final Arrangements

### Bereavement Register

- 🌐 [www.thebereavementregister.org.uk](http://www.thebereavementregister.org.uk)
- ☎ 0207 0896403

Stop unwanted direct mail to the deceased.

### Beyond

- 🌐 [www.beyond.life](http://www.beyond.life)
- ☎ 0800 0449454

A comparison website with information about direct cremation, writing a will, finding a funeral director and an online obituary.

### Child Death Helpline

- 🌐 [www.childdeathhelpline.org.uk](http://www.childdeathhelpline.org.uk)
- ☎ 0800 282 986 or 0808 800 6019

For those affected by the death of a child.

### Citizens Advice

- 🌐 [www.citizensadvice.org.uk/family/death-and-wills/](http://www.citizensadvice.org.uk/family/death-and-wills/)
- ☎ 0800 144 8848

Advice on handling wills and estates.

### Compassion in Dying

- 🌐 [www.compassionindying.org.uk](http://www.compassionindying.org.uk)
- ☎ 0800 999 2434

Information on your right to make decisions about your treatment, about advance decisions and power of attorney.

### CRUSE Bereavement

- 🌐 [www.cruse.org.uk](http://www.cruse.org.uk)
- ✉ [Southhampshire@cruse.org.uk](mailto:Southhampshire@cruse.org.uk)
- ☎ 0844 879 3448

Bereavement support, information and campaigning.

### Down to Earth

- 🌐 [www.quakersocialaction.org.uk/taking-social-action/our-practical-work/funeral-poverty/down-earth](http://www.quakersocialaction.org.uk/taking-social-action/our-practical-work/funeral-poverty/down-earth)

Helping individuals and families on low income dealing with funerals and associated costs.

### Death Doula

- 🌐 [www.eol-doula.uk/get-doula-support](http://www.eol-doula.uk/get-doula-support)
- ☎ 07887 840 663

If you would like to contact a locally based Death Doula. A doula is an individual who can offer advice and support in a situation.

### Donating your body – The Human Tissue Authority

- 🌐 [www.hta.gov.uk](http://www.hta.gov.uk)
- ☎ 020 7269 1900
- ☎ 02381 205 763.

It is vital you contact the medical school near where you live ahead of time. The University of Southampton covers postcodes BH, DT, PO, SO, and SP.

### **Dying Matters**

🌐 [www.dyingmatters.org](http://www.dyingmatters.org)  
☎ 0800 021 4466

Has a wide range of resources to help people start conversations about dying, death and bereavement. Also includes information on organ donation.

### **Final Fling**

🌐 [www.finalfling.com](http://www.finalfling.com)  
☎ 0141 423 1618

For people who like to be in control of life and death decisions.

### **Good Funeral Guide**

🌐 [www.goodfuneralguide.co.uk](http://www.goodfuneralguide.co.uk)

Independent of the funeral industry. Representing the interests of dying and bereaved people in the UK. Practical advice and planning the funeral.

### **Help in Bereavement**

🌐 [www.help-in-bereavement.org.uk](http://www.help-in-bereavement.org.uk)  
☎ 07432 602 613

A voluntary, supportive and confidential visiting service for bereaved people.

### **Institute of Civil Funerals**

🌐 [www.iocf.org.uk](http://www.iocf.org.uk)  
☎ 01480 861 411

Advice about arranging a non-religious funeral.

### **Macmillan Cancer Support**

🌐 [www.macmillan.org.uk](http://www.macmillan.org.uk)  
☎ 0808 808 0000

Have a variety of information relating to cancer, including end of life issues and bereavement.

### **Marie Curie**

🌐 [www.mariecurie.org.uk](http://www.mariecurie.org.uk)  
☎ 0800 090 2309

Resources include leaflets, booklets and short film guides about looking after someone at home when they are dying.

### **National Society of Allied & Independent Funeral Directors**

🌐 <https://saif.org.uk>  
☎ 0345 230 6777 or 01279 726777

Support and information about funerals in the UK. Upholding high standards among independent funeral directors.

### **National Association of Funeral Directors**

🌐 [www.nafd.org.uk](http://www.nafd.org.uk)  
☎ 0121 711 1343

Independent advice and help arranging a funeral.

### **Natural Death Centre**

🌐 [www.naturaldeath.org.uk](http://www.naturaldeath.org.uk)  
☎ 01962 712 690

Seeks to increase awareness of funeral choices outside the mainstream.

### **Rowans Hospice – Purbrook**

🌐 [www.rowanshospice.co.uk](http://www.rowanshospice.co.uk)  
☎ 02392 250 001

A charity dedicated to improving the lives of people with cancer and other life-limiting illnesses.

### **South Downs Natural Burial Site**

🌐 [www.sustainability-centre.org/south-downs-natural-burial-site.html](http://www.sustainability-centre.org/south-downs-natural-burial-site.html)  
☎ 01730 823425

Natural burial site situated in East Meon within the South Downs.