

Living Well Ageing Well



**Promoting
Independent
Living for older
people and
their carers in
Havant Borough**

Supported by



Directory of Activities and Services for Older People in Havant Borough

2016

This directory has been produced by Community First on behalf of the Havant Borough Older person's Wellbeing Partnership. The aim is to increase awareness of the broad range of services available to support the independence and wellbeing of our local older people.

If you note any errors or omissions, please let me know.

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Advice, Information & Support

Angel Radio

This is a multi-award winning radio station specifically for older people. Providing music, memories, entertainment and information 24 hours a day, 7 days a week.

Broadcasting to the Borough of Havant on **101.1 fm**, to West Sussex, Hampshire and the Isle of Wight on **Digital DAB** and worldwide at <http://angelradio.co.uk>

Contact telephone: 023 9248 1988

Email: angelradiohavant@yahoo.co.uk

British Red Cross Equipment

Volunteers provide **short-term loans** of medical equipment e.g. Wheelchairs.

- **Red Cross Room, The Health Centre, Civic Centre Road, Havant, PO9 2AZ**
Open: Monday to Friday 9.30am–12noon and Monday, Wednesday and Friday 2pm–4pm
Contact telephone: 023 9234 4207
- **Elm Grove, Hayling Island PO11 9EF**
Open: Monday to Friday 10am-12noon and 2-4pm
Contact telephone: 023 9246 2813
- **Red Cross Room, the Health Centre, Dryden Close, Milton Road, Waterlooville PO8 8JX**
Monday – Friday 10am-12noon
Contact telephone: 02392 238108
- **Red Cross Room the Health Centre, Hambledon Road, Denmead PO7 6NN**
Mon – Fri 9.30am – 10am
Contact telephone: 02392 257114

Bridge Advice Centre

67 Beach Road, Hayling Island PO11 0JD

We provide free debt and benefits advice and help with form filling. We will mediate with people's creditors to achieve a level of repayment within their means. We also provide help with pension queries. We are open on Tuesdays and Wednesday between 9.30am & noon and can see clients at other times by appointment.

Contact telephone: 023 9246 8835/07876 776668

Email: bridgeadvicecentre@frontlinedebtadvice.org.uk

Cinnamon Trust- Pet Care

The Cinnamon Trust works to keep elderly owners and those in final stages of a terminal illness together with their beloved pet. We have a nationwide network of volunteers who are there to hold hands with owners and assist with dog walking, vet trips, cleaning litter trays and generally giving peace of mind regarding the future of their much loved companion. We can also arrange short term foster care of pets when an owner has to go into hospital. Life-long care is by prior arrangement only. Please see our website www.cinnamon.org.uk

Contact telephone: 01736 757900 **Email:** admin@cinnamon.org.uk

Citizens Advice

Offers free confidential advice on a wide range of issues including debt, welfare benefits, housing, employment etc. Their services can be offered to residents within the district of Havant Borough Council.

- **Leigh Park Community Centre, Dunsbury Way, Havant PO9 5BG**
Drop-in hours: Monday & Tuesday 10am-1pm, Wednesday 10am-3pm, Friday 10am-1pm
Contact telephone: 023 9271 7707 **Email:** admin@havantcab.org.uk
- **Havant Borough Council, Civic Offices, Civic Centre Road, Havant PO9 2AX**
Drop-in hours: Tuesday 10am-2pm
There is also a self-service “kiosk” in the Plaza foyer to access information online on a touch-screen open all day when the Plaza is open.
- **Hayling Island Outreach, Community Centre, Hayling Park, Station Road, PO11 0HB**
Drop-in hours: Thursday 10am–2pm
- **Waterlooville Library Outreach, 25 The Precinct, Waterlooville PO7 7DT**
Drop-in hours: Monday 10am-2pm, Thursday 10am-2pm
- **Hampshire Citizen’s Advice Line 03444 111 306**
Monday to Saturday am during office hours
24 hour online advice and webchat www.citizensadvice.org.uk
Citizen’s Advice Havant website www.citizensadvicehavant.org

Directory Enquiry Service

This service is for people with a visual Impairment or who are physically unable to use a printed version of a telephone directory. For visually impaired, this is instead of the Large Print version they used to offer for their printed directory. To access this service the person (or someone on their behalf) will need to contact the number below. This number gets you through to the Registration Team who will arrange for a form to be sent out for completion. Proof of Registration of Blind/Without Hearing and/or Disability will need to be provided. Once this form is received a PIN number will be issued to the person accessing this service. They will need this PIN number to quote when they phone 195 which puts them through to Directory Enquiries free of charge. This service is available to both BT and NON BT Customers.

Contact telephone: 0800 587 0195

Havant Area Disability Access Group

The Borough's local disability access group meets on the first and third Monday of each month at the Public Service Plaza and Waterlooville Library respectively, in the open ground floor areas of each. The group discusses matters of access to public and commercial buildings, outdoor developments and consults on planning and other submissions with a variety of local authorities. We are a small registered independent charity, our meetings are open to anyone with an interest in the field of disability, and we support people with a variety of access issues from difficult road-crossings, through access to premises and difficulties with local services. We consider we are not limited to just buildings, but to local services, infrastructure and information resources however provided. We work closely with the Havant and Hampshire Access Officers, Planning Officers, Highways and Traffic engineers. We can be reached by mail at the Public Service Plaza, Civic Centre Way, Havant, PO9 2AX. **Contact Telephone:** 023 9244 6007 **Email:** info@hadag.org.uk. **Website:** www.hadag.org.uk

Home Instead Senior Care

We provide a service dedicated to supporting the older members of our community to live independently in their own homes for as long as possible. Our team of dedicated, caring and compassionate caregivers are carefully matched with our clients to ensure that they share similar interests and are compatible. Importantly our visits are a minimum of one hour allowing caregivers and clients to get to know each other with sufficient time to deliver a quality service. Our services include:

- Home Help - all aspects of day to day housework including shopping, cleaning, washing ironing, and meal preparation.
- Companionship - this involves everything from taking clients shopping to Doctors appointments or simply just talking and enjoying one another's company.
- Personal Care - this can include assisting with dressing, bathing and convalescence care.

Contact Information: Please call our office on 02393 190091 or mobile 07515 706428

Email: mark.gettinby@homeinstead.co.uk

Website: www.homeinstead.co.uk/havant

HOPE – Horndean Older People's Enabling Forum

Merchistoun Hall, 106 Portsmouth Road, Horndean

Enabling older people to get the best out of life ... by adding life to their years

Current aims:

1. Identify local social & community needs
2. Communicate information
3. Promote or provide missing services
4. Represent views to other agencies

For more details on how HOPE can help you

Contact telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Legal advice clinic – Havant

This service offers free 30 minutes with a solicitor. If you need advice on wills, probate, deputyship, Court of Protection . . . or anything legal please call to book an appointment.

Telephone: 0800 328 7154

Operating times: 3rd Tuesday of every month from 1.00pm-4.00pm.

Address: Malmesbury Lawn Day Centre, Woolston Road, Leigh Park, Havant PO9 4JY

Library Services

Havant libraries are great places to visit for information, learning and leisure. They are located in the heart of their communities and access is easy with electronic doors and fully accessible toilets available as well. It's very simple to join and membership is free. Expand your horizons with the latest books (including large print and audio books), films, music, free internet and free Wi-Fi access. And if you can't get to the library, we can come to you! Ask about our mobile services and Home Library Service. Libraries offer an exciting range of adult education and learning activities in a relaxed and friendly environment. Find out about computers and improve your IT skills, or take up a new hobby via our leisure courses such as music, family history, languages and crafts. Or join one of our social groups and meet new people – from craft clubs, scrabble, Knit & Natter, reading groups (including an audio group for visually impaired people) – we can offer you a great choice.

- **Havant Library & Learning Centre**, Meridian Centre, Havant PO91UN. Tel: 0845 6035631
(Learning courses and activities)
- **Leigh Park Library & Learning Centre**, 50 Park Parade, Leigh Park, PO9 5AB. Tel: 0845 6035631
(Learning courses and activities)

- **Hayling Island Library & Learning Centre** Elm Grove, Hayling Island, PO11 9EE Tel: 0845 6035631 (Learning courses and activities)
- **Waterlooville Library & Learning Centre** 25 London Rd, The Precinct, Waterlooville PO7 7DT Tel: 0845 6035631 (Learning courses and activities) **Visit:** www.hants.gov.uk/library

OPAL - Older People's Area Link

This is a free telephone and home visiting service to help people over 50 find activities and services in your area. Opal can provide you with details of local information and services by phone. If you need a little more help in working out what you want, there are Opal volunteers in your area who can visit you at home.

Contact telephone: 0800 328 7154

Pension Service

The Pension Service is part of the Department for Work and Pensions. It works out and pays pensions. Open from 8am to 8pm Monday to Friday

Contact Telephone: 0845 60 60 265 (textphone: 0845 60 60 285)

SILVER LINE

The Silver Line is the confidential, free helpline for older people across the UK open every day and night of the year. Specially trained helpline staff –

- Offer information, friendship and advice
- Link callers to local groups and service
- Offer regular befriending calls
- Protect and support those who are suffering abuse and neglect

All calls are confidential and the Silver Line Helpline is free to callers

Contact telephone: 0800 4 70 80 90 – free, confidential and open 24 hours

Website: www.thesilverline.org.uk

SSAFA - Soldiers, Sailors, Airmen and Families Association – Forces Help

SSAFA is the oldest national and therefore Senior Service charity, having cared for the services and their families since 1885. Their volunteer trained and non-judgemental caseworkers provide a friendly advice and help service, for the Service, ex-Service and their dependants, in their hour of need. This includes both full time and part time Service men and women, including the Merchant Navy who have served in hostile waters.

Contact telephone: 023 9248 4773

Email: havant@hampshiressafa.org.uk

Website: www.ssafa.org.uk

Solicitors for the Elderly

This is an independent, national organisation of lawyers, solicitors, barristers and legal executives committed to providing the highest quality of legal advice for older and vulnerable people, their families and carers. Members have expertise in areas of public and private law relevant to older vulnerable adults, their families and carers needs and concerns. Contact information for lawyers in Hampshire and other areas is listed on the website or can be accessed by contacting them direct.

Contact telephone: 0844 567 6173 **Website:** www.solicitorsfortheelderly.com

Trading Standards Service

The Safeguarding Team can help reduce the incidence and effect of doorstep crime in Hampshire. The team can -

- offer talks to older peoples' groups or clubs
- provide copies of the Safe & Sound booklet
- provide no cold calling door stickers

Contact telephone: 01962 833620 Email doorstep.crime@hants.gov.uk

The **Quick Response Team** can come out to your home if a doorstep caller, offering property repairs, is causing you concern and -

- Is still at your home; or
- Is due to return e.g. to collect payment; or
- Is offering to take you to the bank to withdraw cash.

In these circumstances call for assistance, you can also use this number to inform us of other doorstep callers in your area:

Contact telephone: 01962 833666

For all other enquiries, please call the Citizens Advice Consumer Adviceline on 03454 04 05 06

The **Buy with Confidence** website and free directory is available from Hampshire County Council. All the businesses have been vetted and approved by Trading Standards to ensure that they operate in a legal, honest and fair way. For a free copy of the Buy With Confidence directory call the number below or visit the website. This scheme is particularly useful for all types of property maintenance/repairs, mobility adaptations or those small jobs around the house.

Contact telephone: 01962 833620 (Consumer Direct) or **Visit** www.buywithconfidence.gov.uk

TV Licensing

TV Licensing is working with B.I.L.L. to remind anyone aged 75 or over they are eligible for a free TV Licence for their main address. It doesn't need to be re-newed for three years. If the eligible person is not the current licence holder at the address, but shares their home with someone younger, they can still apply so everyone in the home can enjoy the benefit of a free TV Licence. Those aged 74 can apply for a short-term licence covering them until their 75th birthday or claim a refund on an existing licence for the months since they reached 75.

Contact telephone: 0300 790 6073

Visit: www.tvlicensing.co.uk

Veteran's Outreach Support – Veterans and Families Drop-in Centre

Open to any veteran or family member, the first Wednesday of each month, 1400-1900 (last booking time 1800), with a clinical team available for psychological support. General advice or specific help available from the agencies in attendance including:

- The Royal British Legion
- Combat Stress
- Veterans UK – War Pensions, Welfare Advice etc
- The Royal Naval Benevolent Fund
- SSAFA
- Poppy Factory
- and others

Or come along just to "chinwag" and meet other Veterans

Venue: The Royal Maritime Club, Queen Street, Portsmouth PO1 3HS

Telephone: 023 9273 1767

Email: admin@vosuk.org **Website:** www.vosuk.org

Last Updated: October 2016

Village Agent Scheme

Age Concern Hampshire co-ordinates a number of Village Agents across the county, including Hayling Island. Village Agents are volunteers who have been trained to work in the rural community they live to help older residents access advice and support services. They can help with advice like getting out and about and transport, help around the home and with money matters. For more information call:

Contact telephone: 0800 328 7154

Volunteer Service - Community First HEH

Community First Volunteer Service

We have a wide range of volunteering opportunities across Havant and East Hampshire, giving people a chance to make new friends, learn new skills and help others. To see all our local volunteering opportunities visit our new website www.volunteerwessex.org

Contact telephone: 0300 500 8085 option 1

Email: volunteer@cfheh.org.uk **Visit:** www.cfirst.org.uk for more information on Community First.

Winter Fuel Payment

A tax free benefit to help pay for heating during winter, the criteria is if you are over 60 and normally live in Great Britain.

Contact telephone: 08459 15 15 15 **Visit their website:** <https://www.gov.uk/search?q=winter+fuel>

Home and Garden

The Blue Lamp Trust Bobby Scheme

The Blue Lamp Trust Bobby Scheme provides practical help to the elderly and vulnerable people who have been, or who are at risk of becoming, victims of crime or anti-social behaviour in or near their home. The scheme can make repairs after a burglary, fit security chains / window locks / spy holes, install smoke alarms & provide fire prevention advice to guard against the risk of fire. The Bobby Scheme will –

- Offer reassurance by a uniform Fitter linked to Fire & Police
- Give advice and signposting provided where necessary
- Provide free of charge good quality safety & security fixings
- Provide high quality workmanship & fire / crime prevention advice
- Promote an increased sense of safety / security / wellbeing

Contact telephone: 0300 777 0157 **Email:** bobby@bluelamptrust.org.uk

Environment Centre

14-15 Brunswick Place, Southampton, SO15 2AQ

The Environment Centre provides practical support for companies, schools, community groups, the public sector, organisations and individuals.

Our mission is to support those wanting to enhance their environment, reduce their use of natural resources and improve their lifestyle and local economies through:

- Raising awareness of environmental issues within all sections of the community
- Promoting the principle of individual and collective responsibility for the environment
- Facilitating sustainable change through informed decision making

Contact Telephone: Enquiries 02380 336172 Home Energy Advice Freephone 0800 804 8601

Email: enquiries@environmentcentre.com **Visit** www.environmentcentre.com

Home Fire Safety

Hampshire Fire & Rescue Services has produced a booklet to help achieve a reduction in the number of preventable fires, fire-related deaths and injuries in the home. If you follow the advice and suggestions contained within this booklet, it will significantly reduce the chance of there being a fire in your home. However if there is a fire, you will also know how to get everyone out safely.

Contact telephone: 023 8062 6809 Email: community.firesafety@hantsfire.gov.uk

Shaw Trust Gardening

We operate a commercial gardening service open to everyone regardless of age. We offer garden tidies, landscaping & maintenance quotes are given.

Contact telephone: 02392 750940

Unwanted Mail & Telephone Calls

Telephone Preference Service

Visit www.tpsonline.org.uk or Call 0845 070 0707

Royal Mail Door-to-Door Opt-Out

Contact telephone 08457 740 740 **Email** optout@royalmail.com or and ask for the Door-to-Door Opt-Out Team.

Your Choice Preference Scheme for Unaddressed Mail

Contact telephone 020 7291 3300 Email to yourchoice@dma.org.uk

Mailing Preference Service

Contact telephone 0845 703 4599 **Visit** www.mpsonline.org.uk

Transport

Blue Badge Disabled Parking Scheme

The scheme allows the holder use of designated parking spaces, in some circumstances parking on single and double yellow lines, and free parking at parking meters in some areas. The scheme applies to Blue Badge holders as drivers or when being carried as a passenger.

Contact: 0300 555 1376

Email: blue.badge@hants.gov.uk

Address: Blue Badge and Concessionary Travel, PO Box 696, Fareham, PO14 9PD

Call & Go

Call & Go is a bookable bus service for people who live in Havant Borough area (excluding Hayling Island) and meet one of the following criteria:

- Have a disability, mobility or sensory impairment which makes using buses difficult
- Live more than 400 metres from an available bus stop
- Do not have access to a car when required and is no bus service running when you need to travel
- You are accompanying someone who meets the above criteria.

You need to register once to use the service and phone to book your journey. Bookings are allocated on a first come, first served basis. The minibus will collect you from a mutually agreeable point (or from your door if you are mobility impaired) and take you to your required destination. Call & Go minibuses are specially adapted with handrails and low steps to help passengers. Each vehicle is equipped with a lift or ramp to assist wheelchair and walking frame users, and people carrying children in their buggies.

Havant Call & Go operates: Monday, Tuesday, Wednesday, Friday and Saturday 8.30am – 4pm serving anywhere in the Borough of Havant (excluding Hayling Island), Waterlooville, Horndean, Clanfield and Rowlands Castle. Journeys to places named above and also Commercial Road in Portsmouth.

Operating times: The service runs on Monday, Tuesday, Wednesday and Friday.

Contact telephone: 02392-415562 between 8am and 10am Monday to Friday, an answerphone will operate outside these times. Phoning in and leaving a message will not mean a booking has been made, so please leave a name and number and a member of the team will get back to you between 8am and 10am on the next working day

Driver Skills Scheme 60+

Provided by Hampshire County Council this is an informal, confidential driving appraisal - **not a test** - developed to help drivers aged 60 and over update their skills, gain confidence or adapt to a new vehicle. The scheme aims to offer help and advice, which will enable people aged 60 and over to continue driving safer for longer. It is delivered from the person's home, using their car, on a route to reflect their normal driving pattern. Following the practical drive, each person is given a comprehensive debrief, when any concerns and necessary remedial actions are discussed, with a detailed written report sent shortly after the appraisal. Overall, the appraisal takes up to one and a half hours and costs £30. The report is the property of the driver and remains confidential at all times. If a driver would like the report to be sent to their GP this can be arranged following completion of a release form.

Contact telephone: Hampshire County Council, Road Safety Team: 01962 846100.

Please note, this scheme is not designed for those who have a medical condition that should be notified to the Driver and Vehicle Licensing Agency (DVLA).

Good Neighbours

Local Good Neighbour groups offer support in the community with a range of services such as practical help like hanging curtains, picking up prescriptions and transport to appointments. All volunteers are DBS checked. For further details contact your local group.

Contact telephone: Christ Church Portsdown 07842 367490

Contact telephone: Emsworth Good Neighbours 01243 430999

Contact telephone: Havant Good Neighbours 07546 992059

Contact telephone: Hayling Voluntary Services 023 9246 4730

Contact telephone: Leigh Park, Warren Park & West Leigh Good Neighbours 023 9279 6797

Contact telephone: Waterlooville & Purbrook Good Neighbours 023 9226 6005

Hampshire Travel Concessions

Concessionary Travel, PO Box 696, Fareham, PO14 9PD

From 1 April 2015, Hampshire older person's bus passes (those with a blue stripe) will be valid for free travel from 9.30am to 11pm on Monday to Friday and all day at weekends and public holidays.

How soon can I apply for an older person's bus pass?

Your eligibility for an older person's bus pass is now based upon the pensionable age of a woman. To find out when you will be eligible, please visit the [pension website](#). You will need to enter your date of birth and if you look at the last question in your results you will see the date you are eligible for an older persons concessionary bus pass. Please note that **you are no longer eligible from your 60th birthday** For further details or an application form:

Telephone: 0300 555 1376 or to apply on-line via HCC website.

Website: <http://www3.hants.gov.uk/passengertransport.htm>

Email: concessionary.fares@hants.gov.uk

Hayling Island 32 Carshare

The Carshare is a bookable service for people who live on Hayling Island, wish to travel to Mengham or Havant, and meet one of the following criteria:

- Have a disability, mobility or sensory impairment which makes using buses difficult
- Live more than 400 metres from an available bus stop
- No access to a car when required and no bus service running when you need to travel
- You are accompanying someone who meets the above criteria.

You need to register to use the service, and then phone to book your journey. Bookings are allocated on a first come, first served basis. A taxi or private hire vehicle will collect you from a mutually agreeable point (or from your door if you are mobility impaired) and take you to your required destination.

Hayling Island operates on Mondays to Saturdays to a set timetable.

Contact telephone to register: 01962 846786

Shopmobility Scooter Hire

Our Shopmobility service supports people with short term and long term mobility problems and the disabled. Equipment can be hired from central locations to support independent living. Longer term hire of equipment is also available for those going on holiday or needing support at home. The annual membership fee is £7.50. Members of our scheme can also use a number of other schemes across Hampshire including Portsmouth, Fareham, Southampton, West Quay Shopping Centre and others. The cost of hire is from £4 per day for electric scooters or from £3 per day for manual wheelchairs.

Equipment can be arranged for home delivery and you can book at any time – 0300 500 8085 or email shopmobility.admin@cfheh.org.uk. We also have services in Chichester & Leigh Park where equipment can be hired to access local shopping and services:

The Shopmobility service operates in -

- Chichester on Tuesday, Wednesday, Friday & Saturday from 9am – 3pm in East Pallant Car Park. Email chichestershopmobility@cfheh.org.uk or ring 07932 802778
- Leigh Park you will find us at Ashwood Mobility in Graywell on Monday to Saturday from 9.30am to 4pm. To book ring 02393 079053.

Wessex Driveability

Do you or someone you know have concerns about driving safely? Has driving become affected by a medical condition or disability? Then we can help. We are a charitable organisation which aims to enable individuals to continue or return to driving in order to maintain an independent lifestyle. We also carry out Fitness to Drive Assessments for Older Drivers.

Contact: 023 8055 4100

Email: enquiries@wessexdriveability.org.uk

Website: www.wessexdriveability.org.uk

Personal Support

Age Concern Cowplain Befriending Service

A team of volunteers can offer 8 weeks short-term support to local older people who have become or who are at risk of becoming isolated. The service assists the older person to join in activities in the local community, provide them with information and accompany them on their first few outings to help them overcome any anxieties they may have. Anyone can refer an older person to the scheme provided they meet the following criteria:

- Aged over 65
- At risk of becoming socially isolated
- Not currently taking part in community based activities
- Lives in the Parish of Horndean
- Wants to be referred
- Would like to attend an activity in the community with a little support
- Is mentally and physically capable of independently continuing the activity after 8 weeks of support ends

Contact telephone: Liz Wood on 023 9226 6423 – working days Tuesday, Thursdays & Fridays

Befriending

There is a network of voluntary groups in Havant Borough who provide befrienders to older and vulnerable people in our local community, who have become isolated or have lost confidence in accessing activities in the neighbourhood. Some provide short term services whilst others provide more long term support. For further details please call your local organisation from the numbers below:

Contact telephone: Age Concern Cowplain	023 9226 6423
Contact telephone: Christ Church Portsdown Good Neighbours	07842 367490
Contact telephone: Emsworth Good Neighbours	01243 372198
Contact telephone: Hayling Voluntary Services	07588 964628
Contact telephone: Havant	0782 791 5508
Contact telephone: Leigh Park Good Neighbours	023 9279 6797
Contact telephone: Emsworth Pastoral Centre	01243 373773

Bereavement Support

St. George's Church, Saint George's Walk, Waterlooville PO7 7TX

Help in Bereavement Social and Coffee morning on the second Monday of every month

Open to all who have suffered bereavement either some time ago or more recently

Contact telephone: 023 9226 2145 **Email:** parishpriest@stgeorgesnews.org

Bereavement Counselling Charity (formerly Havant Area Bereavement Care Group)

We are a voluntary counselling organisation helping adults and children struggling with their grieving process. The adult service will see people living in the Havant Borough and surrounding districts. The service is free and confidential and a counsellor will usually visit a client in their own home, we offer a one-hour session per week, for up to twelve weeks, although we may offer help for a longer period in some circumstances. All our counsellors are trained or trainee counsellors and have completed our in-house bereavement training, before starting to see our clients. Whether you have been recently bereaved, or your loss happened some time ago, if you are struggling and your grief is impacting on your ability to live your daily life, talking to a counsellor may help.

Address: PO Box 250, Petersfield, Hampshire GU32 9EJ

Contact Telephone: 07827 491902 **Email:** admin@bereavementcharity.org.uk

Website: www.bereavementcharity.org.uk

Community Independence Team

Are you over 55 years old and beginning to experience difficulties with every day activities? If so, The Community Independence Team (CIT) may be able to help you maintain your independence and reduce the likelihood of requiring Adult Services' care management involvement.

The Community Independence Team (CIT) can help by providing you and your family with:

- specialist help if you are experiencing difficulties around the home, or with managing everyday activities, or if you are concerned about your health and wellbeing
- assistance with linking you into appropriate health and community services
- support, advice and guidance on a range of issues such as keeping warm, safe, fit and eating well
- support to know what social or leisure opportunities are available and how to access them

Contact telephone: Hants Direct: 0300 555 1386 or 023 9257 2660 (local team)

Visit: <http://www3.hants.gov.uk/community-independence.htm>

Crossroads Care South Central

Crossroads Care South Central provides support for carers and the people they care for. Crossroads Care offers a full range of flexible services for people with various disabilities or health conditions. Day, Evening and Night services are available. Staff are fully trained and sensitive to the emotional pressures of caring. Crossroads Care support workers build meaningful relationships and their long experience mean they understand what carers and those they care for need and feel.

Contact telephone: 01903 790270 **Visit:** www.crossroadscare-sc.org

Food and Friendship Volunteers

Age Concern Hampshire co-ordinate the Food and Friendship initiative which is a new free of charge service available to Meals on Wheels customers who would like a regular visit from a friendly volunteer around mealtimes. The volunteers will visit you at home to make your lunchtimes more enjoyable and spend some time chatting about things that interest you and what's going on in your local community. You can choose the number and frequency of visits and make a time suitable to you, for example a visit once a week, fortnightly or once a month. The visit will last at least 30 minutes. Referrals are made through Meals on Wheels or call:

Contact telephone: 01962 892455

Guide to Better Care and Support

This is a free practical information book on all aspects of independent living plus support for you, your family and other carers. Included is a comprehensive list of organisations providing home care services. Some or all of the information in this Guide may be available in other formats upon request.

Contact telephone 0300 555 1386 **Visit** www.hants.gov.uk/adult-services/as-publications

Help @ Home Service in Hampshire

This is a floating support service we provide across Hampshire, we can help people with checking and claiming benefits, reading and responding to post, filling in forms, aids and adaptations, help when moving home, prompting medication, collecting prescriptions, finding information about activities in the local area, attending/transporting to appointments, shopping and light housework, helping customers regain confidence or general reassurance visit or phone call.

There is a charge for this service but our trained assessors will work with people to ensure that they get the right support to meet their needs

Contact telephone: 0800 694 0303 or **Email** info@asterliving.co.uk

Help in Bereavement

The organisation offers a visiting service covering Portsmouth, Gosport and Hayling Island: East to Havant and Emsworth; north to Waterlooville, Horndean and Petersfield; west to Fareham and Locks Heath. Our visitors, many of whom have suffered bereavement themselves, are especially trained to recognise the needs of the bereaved, regardless of when the bereavement happened. We offer support for as long as it's needed. Visitors are available to talk to you on the telephone and will be happy to meet you in your own home or at an agreed place. A team of visitors is also trained to work with children on a one-to-one basis.

Contact telephone: 07432 602613

Website: www.help-in-bereavement.co.uk

Independent Age

Independent Age provides information, advice and support for people of pensionable age. Please ring if you are interested in becoming a befriending member. We provide a service for older people their, families and carers focusing on:

- Social care including care at home, in hospital and residential care.
- Befriending services and other social support.

This service is integrated with local support:

- Practical help with forms, assessments and other issues.
- One to one and group befriending schemes providing face to face or telephone support for lonely and isolated older people.

Contact Telephone: 01264 363 872 **Email:** jane.okelly@independentage.org.uk

Lifeline

A personal alarm worn as a discrete wrist strap or necklace pendant, connected to a 24 hour contact centre. Giving peace of mind 24 hours a day 7 days a week the contact centre will call a nominated person or the emergency services in the event of an emergency. A key safe may be required along with contact details for a nominated person who lives locally. Call the individual suppliers for further details. This service is provided by:

- **Aster Living**

Our friendly, professional and multi-skilled team provides telecare alarms and sensors with 24 hour emergency back-up together with repairs, maintenance and handyperson services. All staff have enhanced DBS checks and are fully trained

Contact telephone: 0800 694 0303 or **Email:** <mailto:info@asterliving.co.uk>

- **Guinness Care & Support Lifeline Service**

We provide a reliable and responsive service from our base in Havant. We provide standard lifelines and a wide range of other sensors and devices including fall detectors. Call Jeff Hopkins on the number below to discuss your needs and arrange a free demonstration.

Contact telephone: 023 9271 4966 or **E-mail:** lifeline@guinness.org.uk

- **Radian Life Link**

A tailored service to suit individual needs.

Contact telephone: 01730 236900 or **Email:** lifelink@radian.co.uk

Laundry Service

A private laundrette offering pick up and delivery service locally, from the person's home and delivered back. The cost is the full cost of the washing and drying, and if the address is in Havant there is no extra charge for delivery. Addresses outside Havant incur a delivery charge on top of the full washing and drying costs. A dry cleaning service is also available. **Contact telephone:** 023 9247 3928
Havant & Emsworth Laundrette, 34 Market Parade, Havant, PO9 1QF

Laundrette Facilities

Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB

Washing and drying facilities are available for public use in our friendly centre. Why not make use of our café whilst you are waiting.

Contact telephone: 023 9225 8423

Malmesbury Lawn Day Centre

Woolston Road, Leigh Park, PO9 4JY

The Centre offers social and practical support to older people with varying physical and mental health needs. We specialise in dementia care and our day care offers regular respite breaks for carers and family. We also provide regular carers support sessions to carers in our local community. Our service includes transport, a midday meal and light refreshments, outings, entertainment and various therapeutic activities, as well as access to our Information & Advice Service and Foot care Service. Many of our clients are referred through Adult Services but we are now also able to offer flexible assessed private day places. For more information:

Contact Telephone: 023 9224 4916 or pop in to have a look around.

Meals on Wheels

Anyone living in the Hampshire County Council area, over the age of 55 years, can choose to receive Meals on Wheels if they meet the criteria.

- you are struggling to cook for yourself
- you have just come out of hospital
- you are a carer or relative who needs a break from cooking
- you are feeling unwell, either physically or mentally
- you can't get out to the shops.

For further information:

Contact telephone: 01962 779 338 **Email:** hampshire.office@apetito.co.uk

Radian At Home

Offers a range of support services to help people to live independently at home, including:

- Meal preparation
- Personal care
- Medication assistance
- Dementia care
- Hospital discharge
- End of life care

All of our professionally trained carers are fully vetted and DBS checked to an enhanced level. We ensure that the care they provide for you is of the highest standard. We are regulated by the Care Quality Commission. For further details please call:

Contact telephone: 01730 403205 **Visit** www.radiansupport.org.uk/athome

Relate relationship support in Retirement

A service for those who find that their relationship with their partner has changed since retirement, in a way that makes them question their future together. We support couples and individuals to find a way forward to improve their relationship together.

Contact telephone: 023 9282 7026 **Email:** relate@relateportsmouth.org.uk

SCA Domestic & Shopping Service

SCA Care Amplevine House Dukes Road Southampton SO14 0ST

A not-for-profit social enterprise offering a range of domiciliary care and a domestic and local shopping service for older people in Waterlooville, Havant and Leigh Park areas. All staff are DBS checked and there is an hourly charge. SCA can also offer personal care and sitting services which are styled to each individual and their personal needs. SCA can also offer a PA Service to support people to go out into the community. All services are chargeable.

Contact telephone: 023 80516022 **Visit** www.scagroup.co.uk **Email** care.easthants@scagroup.co.uk

Sunshine Day Centre

This day centre was set up in 2010 with the main aim to provide elderly members of the community with an activity day centre like no other. The centre provides clients with a freshly cooked 2 course dinner and also transport to and from the centre. Activities include crafts like sewing, knitting and painting, dominoes and quizzes and games and entertainment in the afternoon. A freshly cooked two course lunch and transport are available.

Address: Sunshine Day Centre, 82 Jubilee Road, Waterlooville PO7 7RE

Opening times: Monday to Friday, 0900 – 1515

Cost: Referrals from Adult Services £37, self referrals from Hayling Island £37, local referrals £34 – all including transport – and £28 without transport.

Catchment area: Denmead, Emsworth, Hayling Island, Horndean, Waterlooville

Contact: For more information please contact Marilyn or Sarah on 02392 253010

Email: sunshinedaycentreLtd@yahoo.co.uk

Health Support

Alzheimer's Society Helpline

A national dementia helpline provides information, support, guidance and referrals.

Contact telephone: 0300 222 11 22 9am-5pm Monday to Friday, 10am-4pm Saturday and Sunday **Visit:** www.alzheimers.org.uk

Alzheimer's Society Portsmouth & South East

John Pounds Centre, 23 Queen Street, Portsea, Portsmouth PO1 3HN

We provide a local helpline, with 24hr answer phone, email support and our Dementia Support Workers can provide office or home visits to give support and information, they are contactable via the local office.

Contact telephone: 023 9289 2035 **Email:** portsmouth@alzheimers.org.uk

Dementia Adviser Service – Drop-in Support

This service is available for people with any type of dementia and for their carers and families. We can offer confidential tailored support and signpost you to services in your local area. Please feel free to come and chat with our friendly Dementia Adviser.

Location: Held on first Wednesday of the month, 1.00-3.00pm at the Acorn Centre

Telephone: For more information call your local Dementia Adviser on 02392 892034

Footcare Service – Age Concern Hampshire

If you find it difficult to cut your own toe nails, but you are in good health, we may be able to help you and assess your foot care needs. We aim to help older people maintain their foot care regime, i.e. nail cutting. Our footcare service is available to those who have impaired eyesight, difficulty reaching their feet and cannot safely undertake the task themselves. To cover the cost of this service a charge is made for each session. Details are available on our Footcare Service call:

Contact telephone: 01329 842481

Health Trainers

Your health trainer can provide free, confidential, one-to-one support to enable you to make healthier lifestyle choices such as giving up smoking, reducing alcohol intake, eating more healthily, losing weight and becoming more active. Weight management groups will also be available from July 2013 please call for further details.

Contact telephone: Sue Kell 07718 099851 Elisa Edwards 07718 099847

Email: sue.kell@mytimehealth.co.uk or elisa.edwards@mytimehealth.co.uk

Osteoporosis Society - Portsmouth Support Group

Cosham Baptist Church, 48 Havant Road, Cosham PO6 2QZ

Meet on a 2nd Thursday of the month offers information, support and friendship to sufferers and those interested in Osteoporosis.

Contact telephone: 023 9281 1209 or 01329 833114

A national helpline is also available, staffed by osteoporosis trained nurses and advisers offering support to sufferers, families and carers. Available 9am-5pm Monday – Friday

General Enquiries: 0845 130 3076

National Helpline: 0845 450 0230 / 01761 472721

Parkinson Support Group - Hayling Island

St. Marys Church Hall, Church Road, Hayling Island

Meet on every 1st Tuesday of the month at 2pm. An open group offering friendship and support to Parkinson sufferers and their carers.

Contact telephone: 023 9246 6746

Podiatry Clinic

Age Concern Cowplain, Borrow Centre, London Road, Waterlooville PO8 8DB

Leigh Park Community Centre, Dunsbury Way, Havant PO9 5BG

Appointments are available all day on Thursdays and Fridays or 1pm – 4pm on a Tuesday in Cowplain, or during the morning of the 4th Thursday in Leigh Park with a HPC registered practitioner, qualifications held are MPhil, BSc (Hons), MChS. Booking in advance is essential. Charge applies.

Contact telephone: 023 9226 6103

Stroke Club

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Group meet on a Monday from 9.30am - 12noon. A club where people who have survived stroke can meet in a happy and social atmosphere, where they can regain skills that they probably thought they may never use again. An exercise class is also available.

Contact telephone: 023 9248 0654 **Email:** socialhall@btconnect.com

Visit www.bedhampton-social.hampshire.org.uk

Stroke Club

Hayling Island Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

The Stroke Club meet on a Wednesday from 10am - 12noon, offering support to people who have suffered strokes and their carers.

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Stroke Club

Hewitt's Centre, South Street, Emsworth, PO10 7EG

A club where people who have survived stroke can meet in a happy and social atmosphere, where they can regain skills that they probably thought they may never use again. No charge for membership but a weekly subscription towards the cost of hiring the Hewitt's Centre & for tea/biscuits enjoyed during that time. There is no charge for transport to and from the club, as all our drivers do this on a purely voluntary basis, when available, but limited to people within a 3 mile radius of Emsworth.

Contact telephone: 023 9247 3091 **Visit:** www.emsworthstrokeclub.co.uk

Sensory Loss Support

Blind Club

Hayling Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

The Blind Club meets fortnightly on a Monday from 2pm-4pm.

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Brendon Care - Silent World & Friends

The Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Club meets alternate Wednesdays from 2pm-4pm. New members are welcome.

Contact telephone 07792 831865 or 01962 857099 **Email:** clubhampshire@brendoncare.org.uk

Deaf Plus South

Information and advice is provided on all matters relating to hearing loss, equipment demonstration, contact groups, one to one support, training and information on support groups in the south area. There is a mobile advisory and benefits service assisting people with hearing loss to benefit entitlement, which visits Havant Borough Council's Public Service Plaza on the 3rd Thursday of the month. Also provides hard of hearing people in Hampshire with support in their own homes with Personal Independence Payments (PIP) and attendance allowance (AA), carers allowance and access to Council services.

Contact telephone: 01252 510051 **Email:** leon.drake@deafplus.org

Havant Borough Talking News (Charity No: 1025556)

19 East Street, Havant PO9 1AA

Produces and delivers fortnightly a 60 minute audio news update and a quarterly magazine, on cassette tape or CD for the visually impaired living in the Borough of Havant. The news is mainly local from the Portsmouth Evening News and allows the listener to keep up to date with what is going on in the community. The service includes FREE delivery, however donations are very welcome.

Contact telephone: 023 9248 0101 **Email:** admin@htbn.org.uk **Website:** <http://www.htbn.org.uk>

Open Sight Havant Club

Emsworth Centre, South Street, Emsworth PO10 7EG

A friendly support group for the blind and partially sighted offering the opportunity to socialise and receive support and information. They meet on the 1st and 3rd Tuesday of each month (except August) 10am – 3pm. New members are always welcome and people do not need to be registered to attend.

Contact telephone: 023 9226 3016

Macular Support Group

Age Concern Cowplain, London Road, Cowplain PO8 8DB

We meet on the 2nd Thursday of each month from 1.30-3.30 for friendship and support for those suffering sight loss, speakers, a cup of tea and the chance to meet others. New members welcome.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Macular Society Havant Support Group

United Reform Church, North Street/Elm Lane Corner, Havant PO9 1PP

Group meets on 4th Thursday of each month 1.30pm-3.30pm, offering support, advice and friendship to people suffering from Macular Disease.

Contact telephone: 02392 465692 **Email:** rubyd.unsworth@ntlworld.com

Carer Support

Alzheimer's Society Memory Café's

Memory Cafes enable people with dementia and carers to meet in a relaxed social setting and are held in the following locations:

- **United Reformed Church, Elm Lane, Havant** - Fourth Tuesday of each month from 10am - 12noon
- **Age Concern Borrow Centre, London Road, Cowplain** - First Thursday of each month from 1pm - 3pm
- **United Reformed Church, Osborn Rd, Fareham**- First Wednesday of each month, 1.15pm – 3.15pm. Please note that this service isn't a Memory Cafe, this is Activity and Support Group. Please include this service under new description - Fareham Activity and Support Group. Should you require further details please do not hesitate to get in touch.
- **Community Centre, Station Rd, Hayling Park, Hayling Island** - Alzheimer's Society and the Princess Royal Trust for Carers have all joined together to run this Memory Cafe, enabling people with dementia and their carers to meet in a relaxed social setting. Held on the 2nd Wednesday of the month from 1.30pm to 3.30pm

No booking required just drop in or call the office on the number below for further details

Contact telephone: 023 9289 2035 **Email:** portsmouth@alzheimers.org.uk

Carers Clinics (Princess Royal Trust for Carers in Hampshire)

The United Reform Church, North Street, Havant

Held on the 2nd Tuesday of the month a 50 minute appointment is available to support carers with a wide range of information including advice and guidance, advocacy and representation, liaison with statutory bodies, access to training, respite and support groups. Please contact us for an appointment.

Contact telephone: 01264 835246 or 07824 905373 **Email:** info@carercentre.com

Carers Support Group (Princess Royal Trust for Carers)

Held every 3rd Thursday of the month from 1.30pm to 3.30pm at Age Concern Borrow Centre, London Road, Cowplain PO8 8DB

No booking required just drop in or call the office on the number below for further details

Contact telephone: 01264 835246 **Email:** info@carercentre.com

Emergency Planning for Carers (Princess Royal Trust for Carers)

Princess Royal Trust for Carers provides support to carers to enable them to develop an agreed plan of action in case of emergency. The plans are developed with support from the trust through an individual visit. A document will be provided outlining the agreed plan. In the event of an emergency a 24 hour phone line is available should further support be required. Under this project, support in an emergency may be available free of charge for up to 48 hours. No current or previous adult services assessment is needed and there is no charge for the service.

Contact telephone: 0845 604 1577

They also offer carer support and information. Including emotional support, benefits advice, advocacy, access to respite schemes, signposting and information, liaison with health and social care, and form filling. This is available to all carers who can self refer.

Contact telephone: 01264 835246 **Email:** info@carercentre.com

Keeping Active

50+ Fun Club at Havant & Waterlooville Leisure Centres

Civic Centre Road, Havant, Hampshire, PO9 2AY

The 50+ Fun Club meets at Havant Leisure Centre every Monday, Wednesday and Friday morning between 8.30am and 12noon. New members are always welcome and can take part in the following activities: Health Club (induction required), Swimming, Badminton (coaching Wednesdays), Table Tennis, Exercise Classes, Dancing (Fridays), Squash, Racquetball & Short Tennis. The club also has a strong social diary including skittle evenings, dance evenings, day trips and holiday breaks. All events are displayed on the Fun Club notice board outside the sports hall.

Contact telephone: 023 9247 6026 Visit <http://www.horizonlc.com/activities/50-plus-activities/>

Arthritis Exercise Classes

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Tuesdays 9.55am – 10.50am and 11.05- noon

St. Joseph's Hall, West Street, Havant PO9 1LP

Thursdays 9.55am – 10.50am and 11.05- noon.

Helps to Improve strength, mobility and balance - term time only. All ages and abilities are welcome either drop-in or book in advance. All classes run by Chartered physiotherapist Juliette O'Hea MCSP MSc PGDip (Rheum)

Contact telephone: 023 9241 3885 mobile 07974 238787

Email physio@arthritisfirst.co.uk **Website:** www.arthritisfirst.co.uk

Aerobics & Body Tone

Merchistoun Hall, 106 Portsmouth Road, Horndean

Held on Tuesday evenings 6.30pm – 7.30pm warm ups / fat burning / dyno bands / relaxing cool down – qualified instructor (bring a mat / towel & a drink)

For further details please contact us by one of the means below.

Contact telephone: Tutor on 023 9223 0728 **Visit:** www.merchistounhall.co.uk

Last Updated: October 2016

American Line Dancing

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

Takes place in the Centre on Tuesdays from 2pm-3.30pm

Contact telephone: 023 9246 7545 **Email:** rania@hicca.co.uk

Bowls Clubs in Havant Borough

- Emsworth Bowls club – **Contact telephone:** 01243 373354
- Hayling Island Bowls club – **Contact telephone:** 023 9246 3976
- Leigh Park Bowling club – **Bowls club:** 02392 450251
Contact Norman Proudfoot (Club Secretary): 02392 595559
- Waterlooville Bowls club, offer special rates for new bowlers
Contact Mr Barry Pilcher 9378 1933
- Bedhampton Bowls and Petanque club, they hold an annual open day on the 1st Sunday in May. Disabled bowlers are welcome.
Contact telephone: 023 9247 5323
- Purbrook Heath Bowls club – **Contact telephone** 023 9223 1934

Chairobics

Monday 10.00-11.00am Horndean Drum Housing Terri 023 9224 1764 £3 per session
Causeway Farm, Lyne Place

Country Cousins Line Dancing

Merchistoun Hall, 106 Portsmouth Road, Horndean

Held on Wednesday evenings 7.30pm – 9.30pm

For further details please contact us by one of the means below.

Contact telephone: 023 9234 1758 **Visit:** www.merchistounhall.co.uk

'The Cotton Club' – presented by Now That's Jive

Merchistoun Hall, 106 Portsmouth Road, Horndean

Held on Mondays from 7pm to 11pm Authentic Jive & Jitterbug from the 40s & 50s. Beginners & improvers welcome. No partner required. Soft drinks provided

For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Visit:** www.merchistounhall.co.uk & www.nowthatsjive.com

Disabled Exercise Group

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

Meet on a Friday afternoon 1.30pm -2.30pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Egyptian Belly Dancing

Merchistoun Hall, 106 Portsmouth Road, Horndean

Learn to enjoy Egyptian dance with Carol. Thursdays 7pm – 8pm in the main hall, Course leader Carol Button.

Contact telephone 023 9259 5965 **Email** manager@merchistounhall.co.uk

Visit www.merchistounhall.co.uk

Fencing

Merchistoun Hall, 106 Portsmouth Road, Horndean

Learn the techniques of parry/attack

Thursday evenings from 8.15 – 10pm

Course leader John Bridger

Contact telephone 023 9259 7114 **Email** manager@merchistounhall.co.uk

Visit www.merchistounhall.co.uk

Fit n' Fifty at Waterlooville Leisure Centre

Fit n' Fifty sessions take place at Waterlooville Leisure Centre every Monday, Wednesday and Friday afternoon between 2pm and 4pm. New participants are always welcome (ask at customer services) and can take part in the following activities: Health Club (induction required) & Swimming.

Contact telephone: 023 9224 5900 **Visit** www.horizonlc.com

Hampfit Amputee Class

Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY

Open to anyone with an amputation looking to improve their health. Classes are on a Wednesday at 2.30pm. People with MS or those who have had a stroke may also benefit from the class and will also be welcome. For further details:

Contact telephone: 023 9225 1169 **Email:** administrator@waterloovillebaptist.org.uk

Steady and Strong – Community balance classes

Classes are suitable for older people who are unsteady and will help them to carry on their normal daily routines and improve their balance. If you are interested in joining a class, please contact the instructor before attending.

Denmead: All Saints Church Hall, Friday 2.30pm, instructor Terri Bryant 02392 241764 or 07854 848201

Emsworth: Hewitt's @ Emsworth, Tuesdays 11.00-12.00, instructor Floyd Foster 07768 346450

Havant: Havant Leisure Centre, Wednesday 1.30pm, instructor Sharon Idir 07828 462557

Hayling Island: British Legion Hall, Monday 1.30pm, instructor Floyd Foster 07768 346450

Rowland's Castle: Church on the Green, Thursday 10am, instructor Terri Bryant 02392 241764 or 07854 848201

Waterlooville: Community Centre, Thursday 1.30pm, instructor Floyd Foster 07768 346450

Keeping Fit

Gentle Exercise Class

Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY

A friendly group who meet on Tuesdays from 11.30 -12.30, to improve mobility, help stiff joints, improve balance and make new friends.

Contact telephone: 023 9225 0206 **Email:** administrator@waterloovillebaptist.org.uk

Senior Citizens Keep Fit

Friday 10.45am – 11.45am £2.50. Simple exercises to music, can be done seated, and focuses on movement, mobility & strengthening the body.

Contact telephone: Sally 07711 769349

Age Concern Borrow Centre Cowplain, London Road, Cowplain. PO8 8DB

Friendly keep fit class with a fully trained instructor, a relaxed class where people can work at their own pace. Contact 023 9259 1118. Other groups include -

- Body Tone classes on Wednesdays 6.30-7.30pm with Sandra - 07766 760279, cost £4.50
- Further keep fit class on Fridays 2.00-3.00pm with Clare Miller – 07775 727361, cost £4.00
- Shiyong Tai Chi – Wednesdays 3.00-4.00pm with tutor Gareth Davy 07790 793859, cost £4.00

Merchistoun Hall, 106 Portsmouth Road, Horndean

Keep fit classes are held every Wednesday morning at 9.30, gentle exercises suitable for the less active or beginners.

Contact telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

The keep fit group meet on Wednesday's 10am-11am.

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Short Mat Bowls and Curling

Age Concern Cowplain, London Road, Cowplain. PO8 8DB

Meet on a Wednesday morning 10am-12.30pm

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Short Mat Bowls

- **Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES**
Wednesday 10am-12 noon and 1.30pm–4.30pm
Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk
- **Cowplain Activity Centre, Padnell Road, Waterlooville. PO8 8EH**
A friendly group who meet on Mondays 10-12 and Wednesday & Thursdays 1.30- 4.30, new members are always welcome and no experience is necessary. Bowls are provided just turn up to any session with flat shoes.
Contact telephone: 023 9226 7029 **Email:** cowplainactivitycentre@hotmail.co.uk
- **Merchistoun Hall, 106 Portsmouth Road, Horndean**
Tuesdays 1pm – 3pm, 2nd/4th & 5th Wednesday of each month 2pm – 3.45
Contact telephone 023 9259 7114 **Email** manager@merchistounhall.co.uk
Visit www.merchistounhall.co.uk
- **Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB**
Takes place every Monday from 1pm-4pm.
Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Social Sequence Dancing

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

Wednesday evening 7:45pm-10:00pm

Friday evening 7:45pm-10:30pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Sequence Tea Dance

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants. PO7 7AY

The origins of the group go back many years, it is a sponsored group and all the members are required to join Waterlooville Area Community Association. The group aims to promote and enjoy Sequence Dancing in all its branches. Modern, Latin and Classical (Old Time) and its music.

We meet every Tuesday from 2pm to 4pm, except on Blood Donor Days (usually once a month).

Come along to dance or enjoy the music in the company of a friendly caring group.

Also, 4 week sessions for beginners and improvers are arranged throughout the year.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Solent Country Dancers

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

Tuesdays 7.45pm-10.30pm

Contact telephone: 02392 468996 **Web:** www.bedhampton-social.hampshire.org.uk

Swimming

Havant Leisure Centre, Civic Centre Road, Havant, Hampshire, PO9 2AY

Ladies only Tuesday 7pm – 8pm

Contact telephone: 023 9247 6026 **Visit** www.horizonlc.com

Waterlooville Leisure Centre, Waterberry Drive, Waterlooville, Hampshire, PO7 7UW

Ladies only Tuesday 7pm-8pm

Contact telephone: 023 9224 5900 **Visit** www.horizonlc.com

Tea Dance

- **Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES**
Held on the 1st Thursday of each month 2pm–4.30pm
Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk
- **Leigh Park Community Centre, Dunsbury Way, Leigh Park**
Held on the 2nd & 4th Thursday of each month 2pm-4pm
Contact telephone: 023 9224 0704
- **Merchistoun Hall, 106 Portsmouth Road, Horndean**
Dances held on Thursdays at 2pm, a mixed music programme with our own DJ's and a cup of tea.
For further details please contact us by one of the means below.
Contact telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk
Visit: www.merchistounhall.co.uk
- **Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY**
Dance is held on Monday afternoons from 2pm until 4pm, Ballroom, Sequence and Latin in convivial surroundings and a social atmosphere. A charge applies and booking in advance
Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Tai Chi

Merchistoun Hall, 106 Portsmouth Road, Horndean

Held on Thursdays at 11.10am beginners are welcome. For further details please contact us by one of the means below. **Contact telephone:** 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Visit: www.merchistounhall.co.uk

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants, PO7 7AY

Classes are available on – Monday 10am – 11am, or Fridays from 12:30-1:30.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Table Tennis

Age Concern Cowplain, Borrow Centre, London Road, Waterlooville PO8 8DB

Held on Wednesday afternoons 10.00pm-12.00pm and Friday evenings 7.00-9.00pm.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Walking Football

This is an inclusive, sociable fun version of 5 a-side football specifically for the over 50's. The rules are adapted so there is no running, very little contact and kick-ins instead of throw-ins. With less stress on the body and no real sudden change of direction or cutting movements the game allows participants to play without apprehension. The game is still competitive and play can be extremely tactical favouring those players who take their time and read the pitch around them.

- **Emsworth Recreation Ground** – Tuesdays 5-6pm, cost £3, organiser George "Topsy" Turner
Contact info@innovationsfitness.co.uk, mobile 07730 787303
- **Hayling College** – Thursdays 5-6pm, cost £3, as above
- **Havant & Waterlooville FC** – Thursdays 11-12pm, cost £3, organiser Shaun Gale
Contact honestmatt@yahoo.co.uk telephone 02392 787822
- **Horndean Technology College** – Saturdays 1-2pm, cost £3, organiser Caroline Whiffin
Contact carolinewhiffin@horndeantc.hants.sch.uk, telephone 02392 594325

Walking to Health

Walking to Health is for anyone wishing to gently increase their activity levels whilst discovering the local area. Walking to Health provides people with the opportunity to take part in short, safe, sociable walks within local communities. Best of all its free! Each walk lasts about an hour and they take place within Havant and the surrounding areas including Hayling Island, Waterlooville and Bedhampton. For details on walks in your local area call:

Contact telephone: 01730 234067 **or use the walk finder at** <http://www.walkingforhealth.org.uk/>

Yoga

- **Age Concern Borrow Centre Cowplain, London Road, Cowplain PO8 8DB** Classes held on Fridays 3.00-4.00pm with tutor Rebecca Rutter 07786 454992
- **Merchistoun Hall, 106 Portsmouth Road, Horndean** Thursday from 6.45pm in Room 5 (1st floor accessible by stairs only) Telephone 023 9259 7114 **Email** Manager@merchistounhall.co.uk
Visit: www.merchistounhall.co.uk
- **Waterlooville Community Centre 10 Maurepas Way, Waterlooville, Hants, PO7 7AY** Hatha yoga taught in a friendly atmosphere by an experienced and fully qualified (Fryog) teacher. The class is suitable for the experienced and fit beginners. Thursday mornings 9.45-11.15 session to include warm ups, posture work, breath control, meditation and relaxation. Friday mornings 10.00-11.30am. Caters for all levels and contains classical yoga posture, breathing, relaxation and meditation techniques. **Telephone:** 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Zumba

Merchistoun Hall, 106 Portsmouth Road, Horndean

Monday evenings 6.10pm – 7pm

For further details please contact us by one of the means below.

Contact telephone: 07766 740279 **Email** Sandra.dreiblats@ntlworld.com

Visit: www.merchistounhall.co.uk

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Held in the Centre on a Friday 6pm-6.45pm

Contact telephone: 01243 371909

Social Activities in Central Havant, Leigh Park & Bedhampton

Art Group

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Group meets on Wednesday mornings between 10am – 12.00pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Computer Sessions

- **Leigh Park Community Centre, Dunsbury Way, Leigh Park P09 5BG**

A computer drop in is held on Wednesdays 10am-12noon

Contact telephone: 023 9248 4071

- Havant Libraries hold a range of computer classes, for further information call:

Havant Library, Meridian Centre, Havant PO9 1UN

Contact telephone: 023 9248 4945 **Or visit their website on:** <http://www.hants.gov.uk/learning-in-libraries>

Coffee Mornings

- **Active Coffee Morning for Seniors at the Beacon, first floor, Meridian Shopping Centre**

Held on the first Tuesday of every month from 10.00-12.00pm. It's pay & play with £1 payable in the Beacon Coffee Lounge then drinks (& refills) served in the main hall. Table tennis, indoor bowls are available or just sit and chat if you prefer. Everyone is welcome to come and make new friends.

- **St. Faiths Church, West Street, Havant**

Held on the **1st Saturday morning** of the month.

- **Methodist Church, Petersfield Road, Havant PO9 2HU**

The pastoral centre is open Monday to Friday 9.30am - 11.30am for tea, coffee and friendship.

- **Havant Meeting Place at Havant United Reformed Church,**

North Street/Elm Lane Corner, Havant PO9 1PP

Hold coffee mornings on Tuesday, Wednesday and Thursday from 10am-12noon. Everyone is welcome; they serve Tea and Coffee at reasonable prices. Held on Wednesday mornings in aid of the Rowan's Hospice. A warm welcome to all.

- **Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES**

Held on Wednesday mornings 10am-12 noon in the members lounge, new visitors welcome.

Contact telephone: 02392 480654 **Visit** www.bedhampton-social.hampshire.org.uk

Folks in Harmony

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Folks In Harmony is a mixed cappella choir. We sing a great range of songs that include showtime favourites, popular, sacred and traditional songs. Since forming in 2012, our numbers have grown steadily from an initial 6 to around 30 members. We enjoy performing in a whole range of musical styles. In fact we invite our choir members to choose the music and nothing is ruled out. Our aim is to perform our music to the highest standard we can and take our harmonies out into the community. We'll sing wherever there's a spot of entertaining to do, not just at Christmas but all year through. We're a very friendly bunch of people who meet at Bedhampton Social Hall every Thursday from

7.20pm. Come and see for yourself what we do - join in, or just sit and listen. We'll be very happy to have you along.

Contact: 07712687911 or email franmay@ntlworld.com

Friendship Clubs

Bedhampton Social Hall

Location: 21 Bedhampton Road, Bedhampton. PO9 3ES

Operating times : every other Wednesday from 2pm-4pm. New members are welcome.

Contact telephone: 07792 831865 or 01962 852133

Email: emma.dyson@brendoncare.org.uk

Leigh Park Community Centre

Location: Leigh Park Community Centre, Dunsbury Way, Leigh Park

Operating times : 1st Tuesday of the month 2-3pm.

Brendoncare Drayton Penryn Friendship Club

A social club for older people offering a variety of activities, guest speakers, entertainers and games. Come along and enjoy a warm welcome and friendship – refreshments included.

Operating times: alternate Mondays 2.00pm-4.00pm

Location: Church of the Resurrection Hall, Penryn Drive, Drayton PO6 1AP

Cost: £4 per meeting

Contact: Cindy on 07467 955864 or Brendoncare Club Hampshire on 01962 857099

Brendoncare Social Club at Havant Garden Centre

Social club for older people offering a range of activities, a warm welcome and friendship. Loyalty scheme discount on refreshments and food during club meeting.

Operating time: 10.30am-12.30pm

Location: The Restaurant, Havant Garden Centre, Barton Road, Havant PO9 5NA

Cost: £1 per meeting

Contact: Cindy on 07467 955864 or Brendoncare Club Hampshire on 01962 857099

Brendoncare Community Club at Tesco Extra Havant

Social club for older people offering a range of activities, a warm welcome and friendship. Loyalty scheme discount on refreshments and food during club meeting.

Operating times: 1st and 3rd Wednesday of the month, 2pm-4pm

Location: Community Room, Tesco Extra, Solent Road, Havant PO9 1TR

Cost: £1 per meeting

Contact: Cindy on 07467 955864 or Brendoncare Club Hampshire on 01962 857099

Havant Men's Shed

The new Havant Men's Shed is one of a growing number of community workspaces springing up all over the UK - the Men's Shed movement having started in Australia where there are more than 1000 Men's Sheds. The Havant Men's Shed have use of a large building in Fraser Road near the Rugby Club in Bedhampton which faced demolition and which requires much work to make it suitable for our use. The work started in September and is proceeding well.

Opening times: we are currently open Mondays, Wednesdays and Fridays from 9am to midday.

Contact: Chairman John Worley 02392 483217

Email: chairman@havantshed.org.uk

Other men's sheds include –

- **HAMESH Havant Town Centre Men's Shed** – open Mondays, Tuesdays, Thursdays 10.00-4.00pm and Friday afternoons from 12.00-4.00pm at the Meridian Centre. Chairman David Guest, email hamesh@postcodepublications.com
- **Southbourne Men's Shed** – St John's Church, New Road, Southbourne, Tuesday & Thursday 9.30-12.30pm. Chairman Geoff Collett, 01243 371914
- **Waterlooville Men's Shed** – see Social Activities in Waterlooville, page 36

Lunch Clubs

- **Age Concern Lunch Club, Leigh Park Community Centre, Dunsbury Way, Leigh Park**
Each Thursday 11.30am-1pm
Transport from Warren Park, Leigh Park & West Leigh
Contact telephone: 023 9245 0062
- **Rowlands Castle RVS Lunch Club, Parish Hall, Links Lane,**
Thursday Cost £3.50
Transport £1 for those living in Rowlands Castle. Out of area people welcome
Contact telephone: 023 9241 2763

O.A.P. Club (Older Active Persons Club)

Leigh Park Baptist Church, Stockheath Road, Havant PO9 5NT

Held on Thursday afternoons 1.30pm-3.30pm the club offers the chance to socialise and make friends. The activities include quizzes, art and crafts, specialist talks. There is no charge and new members are always welcome.

Contact telephone: 023 9245 0539 (9am-12 noon Monday – Thursday)

Sociable Stitchers

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Group meets on the 2nd and 4th Thursday between 13.30 – 15.30pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Social Activities in Emsworth

Art Groups

- **Pan Art**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
Meet every Tuesday 9.30am – 11.30am
Contact telephone: 01243 371005
- **Phoenix Art Group**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
This is a well established art group for the more experienced artist. Costs vary but on average it is approx. £60 per term. Meet every Tuesday 1.30pm - 3.30pm
Contact: for further information please come along and see us during the above times
- **Art Workshop**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
Meet every Monday 9am -11am
Contact telephone: 01243 376674

Bourne Quilters

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

A friendly group of experienced quilters who meet on the 1st Monday of each month 6.30pm – 9.00pm (or the 2nd Monday if the 1st Monday is a Bank Holiday). New members are welcome, but there is a waiting list. Non-members are welcome to attend when the evening has a speaker or a workshop. For further details please call the number below.

Contact telephone: 01243 375506

Coffee Morning

Emsworth Methodist Church and Pastoral Centre

19 High Street, Emsworth PO10 7AQ

The Pastoral Centre offers friendship and reasonably priced refreshments to the local community. Open weekdays from 10am to 4pm and Saturdays from 10am to noon. Ploughman's lunch Tuesdays, Sandwiches + rolls Thursdays. A number of other activities take place during the month including a missions market, cake stall and tradecraft stall. Everyone welcome

Contact telephone: 01243 373773 Email: office@emsworthmethodistchurch.org

Computer Courses

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Computer courses in Internet and e-mail are available on various days, in a relaxed and friendly environment for the local older community. Please call the number below for further details.

Contact telephone: 01243 373805

Creative Craft Sessions

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Held on Fridays 9.30am-12.30 please call the number below for further details.

Contact telephone: 01243 373805

Emsworth & District Flower Society

Southbourne Village Hall, 1st Avenue, Emsworth PO10 8HN

Meet on the 1st Monday of each month from 7.45pm. This is a flower club for ladies to enjoy monthly demonstrations on flower arranging. We raise money with a sponsored walk, coffee mornings, cream teas etc for various local charities each year.

Contact: Please pop along during the time above for more information

Emsworth Sports and Social Club

Emsworth Sports & Social Club, 43/45 Havant Road, Emsworth PO10 7JF

Has a range of activities including Snooker, Sea Angling, Bowls, Chess, Bingo and Weekly Social Events (Live Bands, Discos, Quiz nights etc)

Contact telephone: 01243 376037 Memberships available

Films

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Held once a month on the 2nd Monday, all films are shown at 3.30pm and 7.30pm. Tickets available from the Community Centre office Mon-Fri 10.00-12.00 or from Newsmag/Hallmark' in the High Street. Please buy your tickets in advance to guarantee a seat.

Contact telephone: 01243 377493 **Visit:** www.moviola.org

Friendship Clubs

- **Emsworth Day Out Scheme**

Hewitt's @ emsworth, South Street, Emsworth PO10 7EG

A friendship club for disabled older people run by volunteers. The club meets every Wednesday from 10.30am – 2.30pm. They have talks, art and craft, lunch and tea and a chat with friends. The club's aim is to have trips out on fully accessible transport, so they save towards regular trips

Contact telephone: 01243 373061 / 01243 373408

- **Emsworth Methodist Church and Pastoral Centre**

19 High Street, Emsworth. PO10 7AQ

An activity afternoon is held on the 1st, 2nd and 3rd Tuesday of each month at 2pm. The afternoon includes a variety of activities including games, quizzes, music and reminiscence. Open to all, and new people are always welcome

Contact telephone: 01243 373773 **Email:** methodistchurch@emsworth.org

- **Emsworth Golden Age Club**

St James' Parish Hall, Church Path, Emsworth PO10 7DP

Meet on the 3rd Monday of the month at 2pm- 4pm. The Emsworth Golden Age Club has been running now for many years, relying on voluntary helpers with tea and various entertainment including a Birthday party in June, Xmas party in November, and annual coach trips.

Contact telephone: 01243 372646

Horticultural Society

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

The society was formed in 1919, originally for local allotment holders; nowadays we offer membership to anyone who has an interest in gardening of any sort. Membership fee applies. Talks take place on the third Thursday of the month 7.30 – 9.30pm September until May.

Lunch Clubs

- **Hewitt's Centre, South Street, Emsworth**

Monday to Thursday 11am–1pm

Transport available

Contact telephone: 0300 500 8085 **Visit:** www.cfheh.org.uk

- **Emsworth Methodist Church & Pastoral Centre, 19 High Street, Emsworth PO10 7AQ**

Ploughman's lunch Tuesdays, Sandwiches & rolls Thursdays

Contact telephone: 01243 373773

Silver Linings @Hewitt's

Silver Linings provides good quality and fun day activities for people over 55 in Hewitt's, South Street Emsworth. Why not come along and make new friends, take part in a range of activities and enjoy a delicious two-course lunch in the comfortable and fully accessible building. We operate on Monday afternoons, 12.00 to 3.00pm and Wednesday mornings 10.30 – 2.00pm, cost £15 including lunch. So why not come and try us, your first visit is free!

For more information please contact – Wendy Shone, Older People's Outreach Worker on 07467 941011 or email wendy.shone@cfheh.org.uk

University of the Third Age

U3As are autonomous, self-help organisations run by the voluntary efforts of their members. They aim to encourage and enable older people who are no longer in full-time employment to share their knowledge, skills, interests and experience. They pursue learning, not for qualifications but for fun, through a wide range of study groups and social activities.

Emsworth & District U3A

Hold monthly meetings with a speaker on the 3rd Friday of each month, and support a wide and varied programme of groups including creative writing, languages, music and poetry. Some of the smaller groups which meet in members' homes may have waiting lists to join. Among the larger groups meeting monthly are:

- Genealogy at the Pastoral Centre on the 1st Thursday of the month at 2pm
- Local History at the Pastoral Centre on 4th Wednesday of the month at 2pm
- Bird watching, meet at Bridge Road Car Park at 9.50am on the 4th Tuesday of the month to share cars for the outing.
- Wine Appreciation at Waterside URC Hall on the 2nd Tuesday at 10am

Please use the details below to find out more information about membership.

Contact telephone: 01243 371481 **Email:** dandklawson@hotmail.com **Visit:** <http://emsworthu3a.org.uk/>

Ems Valley U3A

Hold monthly meetings with a Speaker on the 4th Thursday of each month (except August and December) in St James Church Hall, Emsworth. Full details of Groups and Activities can be found on our website, www.emsvalleyu3a.org.uk

Woman's Institute - morning

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Meet on the 2nd Friday of the month 9.30am – 12noon. A thriving friendly group for ladies of all ages, new members are always welcome. For further details please call the number below.

Contact telephone: 01243 430120

Social Activities in Waterlooville

55+ Activities

Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ

Club meets every Wednesday from 10am-12 noon for friendship and a wide range of activities. Anyone is welcome to pop along and join us.

Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

Art Group

Hart Plain Church, Hart Plain Avenue, Waterlooville PO8 8RG

This is a mixed group, with varying degrees of knowledge. The object of the group is a coming together of like minded people to share their individual talents along with fellowship. The sessions are not structured as each individual will have different passions about what they enjoy drawing and painting. So it is up to you what you bring along each time.

Meeting every 2nd and 4th Friday of the month 2.00pm - 4.00pm

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

Art Therapy

Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY

Held every Thursday from 9.30 -12 noon, all abilities are welcome. If you enjoy painting or drawing and want to do something relaxing and creative please contact us on the number below.

Contact telephone: 023 9225 1169 **Email:** administrator@waterloovillebaptist.org.uk

Bingo

Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ

Club meets every Friday. Anyone is welcome to pop along and join us.

Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

Age Concern Cowplain, London Road, Waterlooville PO8 8DB

We're a friendly bingo group who meet Wednesday evenings. Includes a raffle and a cup of tea.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Bridge

Merchistoun Hall, 106 Portsmouth Road, Horndean

We have a social bridge class on Tuesdays at 1pm, informal class but not for beginners.

For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Visit: www.merchistounhall.co.uk

Bridge Club

A bridge club held on Tuesday evenings at St George's Church Hall, Waterlooville PO7 7EH.

Contact: Graham Lavender on 07941 358491 **Email:** g.lavender33@outlook.com

Bridge Club

Waterlooville Bridge Club is a friendly and welcoming bridge club for players of all abilities. We play at 7.00pm on Thursday evenings at the Sacred Heart Church in Waterlooville. We also run short bridge holidays.

Contact: Graham Lavender on 07941 358491 **Email:** g.lavender33@outlook.com

Ceramic Painting Group

Age Concern Cowplain, London Road, Waterlooville, PO8 8DB

Meet from 10am to 4pm on the 3rd Saturday of each month, some experience required as this is not a teaching class.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

China Painting

Merchistoun Hall, 106 Portsmouth Road, Horndean

Informal self help

Thursday mornings 10am – 12.30am in Room 5 (1st floor accessible by stairs only)

Contact Telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Visit www.merchistounhall.co.uk

Crochet & Knitting

Age Concern Cowplain, London Road, Waterlooville PO8 8DB

This group meets every Monday from 1.30pm – 3.30pm.

Cost: £3.00 to include refreshments

Contact: Carole on 023 92 615916

Creativity Club

Hart Plain Church, Hart Plain Avenue, Waterlooville PO8 8RG

Join us for coffee/tea and a chat, whilst busy fingers knit for the Seamen, fill shoe boxes for children in other countries, and many other charitable activities. You do not have to be a church member to come along. This popular club meet every Wednesday between 10.00 am and 12.00 noon.

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

Last Updated: October 2016

Coffee Mornings

- **Hart Plain Church, Hart Plain Avenue, Waterlooville PO8 8RG**
On the last Saturday of the month at 10am. Everyone welcome
Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk
- **Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB**
Pop in any week day for a cuppa and a chat, café facilities also available. Everyone's welcome.
Every Wednesday afternoon free coffee between 1.30 – 3.00, cake and friendship for everyone.
Contact telephone: 023 9225 8423
- **Age Concern Cowplain, London Road, Waterlooville PO8 8DB**
We have drop in coffee mornings on Tuesdays, Thursdays and Fridays from 10am – 11.45am.
Pop in for a chat and a cup of tea or coffee.
Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk
- **St. George's Church, Saint George's Walk, Waterlooville PO7 7TX**
Holds coffee mornings on Wednesday, Thursday and Friday 10am-12 noon, Thursday coffee morning includes a market. Everyone is welcome.
Contact telephone: 023 9226 2145 **Email:** parishpriest@stgeorgesnews.org

Computer Classes

- **Age Concern Cowplain, London Road, Waterlooville PO8 8DB**
Basic Computing
We have a 12 week one to one beginner's course which takes place on a Thursday afternoon.
A charge applies and booking in advance is essential. No experience is required and you are encouraged to learn at your own pace. For further details please call the number below.
Digital Photography
Classes on Friday afternoons from 1pm-3pm
Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk
- **Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ**
We have a fully equipped IT suite available, including internet café facilities. For further details please contact us.
Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

Drawing & Painting - Beginners

Merchistoun Hall, 106 Portsmouth Road, Horndean

All abilities welcome from complete beginners to those wanting to refresh existing skills

Still life / portraits / photos / study the work of other artists / outdoor sketching

Terms times - Relaxed & friendly class

Contact Alton community Association 01420 85114 / 88057 **Email** associationaded@btconnect.com

Family History

Age Concern Cowplain, London Road, Waterlooville PO8 8DB

This friendly team of volunteers help people trace their family history. All day Tuesday & Friday from 9.30am - 11.30am. Very basic computer skills are required, but help and advice is available.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Fishing Club

Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB

This is a new fishing club headed up by two senior members to enable local people to fish on Billy's Lake but also to experience visiting other fisheries for coarse, deep sea and fly fishing. The club has held their first meeting with 10 attending and 30 on the books. This club gives the opportunity for people to learn and improve skills, to build friendships, to get out into the fresh air and do some exercise.

Contact telephone: 023 9225 8423

Friendship Clubs

- **Horndean Elders Club**

Merchistoun Hall, 106 Portsmouth Road, Horndean

Meet every 1st and 3rd Wednesday at 1.45pm. Come along to meet new friends and enjoy games and outings. New members are always welcome and transport can sometimes be arranged.

For further details:

Contact telephone: 023 9259 7114

- **Brendoncare Waterlooville Friendly Club**

Sacred Heart of Jesus and St Peter The Apostle, 356 London Road, Waterlooville PO7 7SR

Meet on the 2nd & 4th Tuesday of each month, 2pm -4pm. New members are welcome.

Contact telephone: 07757 264254 or 01962 857099 **Email:** clubhampshire@brendoncare.org.uk

- **Rendezvous Club**

Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ

Meet every Friday from 1.30-4pm, anyone welcome.

Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

- **The 55 Club**

Merchistoun Hall, 106 Portsmouth Road, Horndean

Friendly club for the over 55's new members are always welcome. A wide range of activities are available including keep fit, speakers, hobby groups, short mat bowls, day trips, guided walks, crafts & games. There is also a full day of events on Mondays starting at 9.15am.

Membership fees apply, and charges for activities and outings vary. For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** manager@merchistounhall.co.uk

Visit: www.merchistounhall.co.uk

- **Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY**

Women's Fellowship meet on a Tuesday afternoon, which is a short service with a speaker and a cup of tea to follow.

Contact telephone: 023 9225 1169 **Email:** administrator@waterloovillebaptist.org.uk

Horndean Amateur Theatrical Society (HATS)

Merchistoun Hall, 106 Portsmouth Road, Horndean

Friday evenings 7.30pm – 10pm in Room 5 (first floor accessible by stairs only) covering all aspects of amateur theatre including acting/directing/lighting & sound/hair and make-up/back stage or front of house. For further details please **telephone:** 023 9259 7114 or **email:** horndeantheatre@yahoo.co.uk

Visit: www.merchistounhall.co.uk & www.horndeanamdr.com

Lunch Clubs

- **The Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB**
Monday 11.45am-2.30pm Lunch followed by bingo or entertainment. Taxi available
Contact telephone: 023 9225 8423
- **Christ Church Portsdown, London Road, Widley**
Volunteers provide a two course lunch for anyone in the community at 12.30pm on the 4th Friday of each month. Everyone enjoys a freshly cooked hot meal at a minimal cost.
Contact Telephone: 023 9237 9341
- **Age Concern Cowplain, London Road, Cowplain**
Tuesday Thursday Friday 10am-1pm
Local transport may be available in Waterlooville area call for further details
Contact telephone: 023 9226 6423
- **Springwood Community Centre, Springwood Ave, Waterlooville**
Held on Friday. On a Wednesday there is a Brunch club
Transport is available contact for details
Contact telephone: 023 9223 0339
- **Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY**
The aim is to provide a friendly atmosphere in which to have a meal. Many diners appreciate being able to have congenial company and conversation over the dinner table. Meals have to be pre-booked. Held on a Wednesday.
Contact telephone: 023 9225 1169 **Email:** administrator@waterloovillebaptist.org.uk

Mahjong

Merchistoun Hall, 106 Portsmouth Road, Horndean

Social group held every Friday, come along to play with other like minded people. Charge includes lunch.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

Nutty Knitters

Living Waters Church, Kite Close, Waterlooville, P08 9JE

Meet every Thursday 5.00 to 8.00pm, new members are welcome, for further details please call:

Contact telephone: 07724 751534

Quilting

Living Waters Church, Kite Close, Waterlooville, P08 9JE

Meet every Monday 5.00 to 8.00pm; new members are welcome, for further details please call:

Contact telephone: 07724 751534

Scrabble

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, PO7 7AY

Group meets every Wednesday afternoon 1.30 -3.30pm new members always welcome.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Sewing Classes

Cowplain Activity Centre, Padnell Road, Waterlooville PO8 8EH

Class is held every Tuesday from 9am-4pm.

Contact telephone: 023 9226 7029 **Email:** cowplainactivitycentre@hotmail.co.uk

Sunshine Day Centre

Set up in 2010 this day centre aims to provide elderly members of the community with an activity day centre like no other. The centre provides clients with a freshly cooked 2 course dinner and transport to and from the centre. Activities include sewing, knitting and painting, dominoes and quizzes and games and entertainment in the afternoon.

Address: 82 Jubilee Road, WaterlooVille PO7 7RE

Opening times: Monday to Friday, 0900 – 1515

Cost: Referrals from Adult Services £37, self referrals from Hayling Island £37, local referrals £34 – all including transport – and £28 without transport.

Catchment area: Denmead, Emsworth, Hayling Island, Horndean, WaterlooVille

Contact: For more information please contact Marilyn or Sarah on 02392 253010

Email: sunshinedaycentreLtd@yahoo.co.uk

Ukelele Classes

Advanced group classes on Mondays 7.00-9.00pm and beginners on Thursdays 7.00-8.00pm. Contact David Hawkey on 02392 250719. Cost £3.00 per session.

U3A

U3As are self-help, self-managed lifelong learning co-operatives for older people no longer in full time work. U3A provide opportunities for their members to share learning experiences, in a wide range of interest groups and to pursue learning not for qualifications, but for fun. A wide variety of groups run from WaterlooVille.

Visit: <http://www.waterloovilleu3a.org.uk/>

U3A - Horndean Group

Merchistoun Hall, 106 Portsmouth Road, Horndean

Lifelong learning - sharing leisure activities / share knowledge & experience, talents with others – learn in a friendly surrounding. Meetings monthly (1st Friday of the month) in the main hall 2pm – 4pm

Other U3A meetings at Merchistoun Hall:

- Science Group
- Photography group
- Choir

Contact telephone 023 9259 5406

Waterlooville Men's Shed

The WaterlooVille Men's Shed, the first in the area, was established in 2013 at the Padnell Road pavilion. The derelict building has been renovated by members and now houses a number of workshops, a large tea room, and is equipped with a large collection of tools and equipment catering for many different activities. We undertake a number of community projects, and members also pursue their own interests using the Shed's facilities. Members also participate in a variety of social activities and organised trips.

Opening times: Monday to Friday (exc. Bank Holidays) 9.30 am to 3.30 pm.

Email: secretary@waterloovillemensshed.org.uk

Web: www.waterloovillemensshed.org.uk

Whist

Age Concern Cowplain, London Road, WaterlooVille PO8 8DB

Our friendly group of whist players meet every Tuesday afternoon from 1.30-4pm and new members are always welcome.

Contact telephone: 023 9226 6423

WI-Padnell Park

Westbrook Hall, Tempest Avenue, Waterlooville PO7 8NU

Group meets every 4th Thursday at 7.30pm with speakers and a range of activities including scrabble and supper club. On the 1st and 3rd Wednesday we go for a walk and a pub lunch and meet on the 2nd Thursday for a social craft evening. New members are always welcome.

Contact telephone: 023 9259 5555

Social Activities Hayling Island

Art Class

Hayling Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

The art class is held every Tuesday 2pm-4pm.

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Bridge Club

Hayling Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

The Bridge Club meet on Tuesdays from 10am – 12noon.

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Bridge Club

Eastoke Community Centre, Wheatlands Ave, Hayling Island PO11 9SG

A friendly club for people who have a little experience of playing bridge, they meet at 6.45pm on a Friday evening. A small charge applies, and includes refreshment.

Contact telephone: 023 9246 4043

Coffee Mornings

St Mary's Parish Church Hall, Church Road, Hayling Island (opposite St Mary's church)

Every Tuesday 10.45. Drop in for tea, coffee and cakes (freshly baked)

Contact telephone: 023 9263 7649

Drawing & Painting

Hayling Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

Takes place every Wednesday from 9.30-11.30am

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Friendship Clubs

Young at Heart Club - Brendoncare

South Hayling United Reform Church, Hollow Lane, Hayling Island PO11 9NN

Friendship club meet every other Wednesday 2pm – 4pm

Contact telephone: 07757 264254 or 01962 857099 **Email:** clubhampshire@brendoncare.org.uk

Library

Hayling Island Library, Elm Grove, Hayling Island PO11 9EE

As well as all the latest books the Library offer an exciting range of adult education and learning activities in a relaxed and friendly environment. Find out about computers and improve your IT skills, or take up a new hobby via our leisure courses such as family history, languages and crafts.

Also if you have a visual impairment, audio books are available to reserve and collect, also starting September 2013 a Read Aloud Club will meet monthly.

Library Club

Once a month the Hayling Island Library Club provides transport for those who find visiting the library difficult, giving people the opportunity to choose their books and enjoy a chat and a cuppa. There is a waiting list, but volunteers are available to deliver books for those who are unable to travel to the library.

Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk

Lunch Clubs

- **Age Concern Hayling Island, Sunnyside Hall, 14 Webb Lane, Hayling Island**
Tuesday & Thursday 9.30 – 2pm with a hot lunch or drop-in for snacks on Monday 9.30am-1pm.
Local transport available
For costs please call the number below.
Contact telephone: 023 9246 4947
- **Hayling Island Community Centre, Hayling Park, Station Road PO11 0HB**
Friday 10am - 1pm. Local transport available.
For costs please call the number below
Contact telephone: 023 9246 7083

Patchwork Group

Hayling Community Centre, Parkview, Hayling Park, Station Road PO11 0HB

Meet every Friday from 9.30am-12.00pm

Contact telephone: 023 9246 7545 **Email:** tania@hicca.co.uk

Scrabble Evening

St. Andrews Church, 29 Selsmore Rd, Hayling Island PO11 9JZ

We also have a scrabble evening once a month on the first Friday of the month – this is mainly for socialising for those who live on their own – and lifts can be arranged.

Contact telephone: 023 9246 1980

Stitch & Sew Club

Hayling Island Library, Elm Grove Hayling Island, PO11 9EE

Held on the 2nd Wednesday of each month from 2pm – 4pm. The club is free and new members are always welcome.

Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk

U3A

Hayling Island Community Centre, Hayling Park, Station Road PO11 0HB

Caters for retired people living on Hayling Island, who would like to share their knowledge, skills, and experience, and gain new ones. We hold monthly meetings and have a range of study groups. Meet monthly at Hayling Island Community Centre on the 3rd Thursday of each month 2pm-4pm.

Contact telephone: Derek Dunn 02392 465010

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Last Updated: October 2016