

# Local Organisation Information to support patient care

The organisations at the TARGET event on 26<sup>th</sup> January 2017  
provided the information for this booklet

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please can you contact the organisation directly to obtain their permission.

If any of the information in this booklet is incorrect please email [fg-seh.primarycare@nhs.net](mailto:fg-seh.primarycare@nhs.net)

We aim to regularly update the booklet which will be available to practices through [IDOC](#)

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# Age Concern Hampshire

## AREA COVERED

Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Older people and their families/carers

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday to Friday - 9am to 5pm.

Contact Details	
Phone	01962 868545
Email	<a href="mailto:info@ageconcernhampshire.org.uk">info@ageconcernhampshire.org.uk</a>
Website	<a href="http://www.ageconcernhampshire.org.uk">www.ageconcernhampshire.org.uk</a>
Address	18 St George's Street Winchester Hampshire SO23 8BG

## OTHER USEFUL INFORMATION

Age Concern Hampshire is an independent charity working across the county to promote independent living to over-50s. We provide information and advice as well as activities, wellbeing and care to older people living in Hampshire.

# Alzheimers Society

## AREA COVERED

Whole of Hampshire

## WHO ARE OUR SERVICES FOR

We provide our service for anyone with a diagnosis of Dementia and their carers, family and friends.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday to Friday - 9am to 5pm.

Contact Details	
Phone	02392 892035
Email	Portsmouth@alzheimers.org.uk
Website	<a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Address	Alzheimer's Society, John Pounds Centre, 23 Queens Street, Portsmouth PO1 3HN

## OTHER USEFUL INFORMATION

Alzheimer's Society currently provides the Dementia Adviser service to Havant, Petersfield and Bordon, Fareham and Gosport and the New Forest. Dementia Support Services provide identified areas of support over a longer period to enable people to live well. We provide a menu of support services including: Singing for the Brain, Befriending, CriSP (Cares Information and Support Programme), peer support groups and memory cafes. Specialised activity/support groups include Kitbags and Berets (for veterans affected by dementia)

# Appletree Support Ltd

## AREA COVERED

- Havant (Havant Borough Council Area)
- Clanfield Cowplain
- Denmead
- Emsworth & Rowlands Castle
- Havant
- Hayling Island
- Horndean
- Petersfield
- Waterlooville & Cowplain

## WHO ARE OUR SERVICES FOR

Children and Young people age 0-15 with complex health care needs

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult & Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

24 Hours a day 365 days a year

Contact Details	
Phone	02392 455888
Email	<a href="mailto:marie@appletreesupport.co.uk">marie@appletreesupport.co.uk</a>
Website	<a href="http://www.appletreesupport.co.uk">www.appletreesupport.co.uk</a>
Address	Apple Support, Pelham House 13 The Pallant , Havant, Hampshire, GU32 3JL

## OTHER USEFUL INFORMATION

We are a home based support service offering care and support in the community and in a patient's own home. We provide an experienced nursing team specialising in both paediatric and adult backgrounds. We offer the essential expertise to create a bespoke care plan for each child or young person's individual needs. Working in conjunction with social care and community nursing teams, we are able to implement and co-ordinate training and care planning to suit each and every child or young person, to a high standard. The types of complex care support that we can provide: Morning /evening routines, Waking night support, Personal care, Epilepsy and seizure management Medication administrations, Feeding Enteral Feeding (gastrostomy or jejunostomy), Oral Suction Oxygen therapy and saturation monitoring, Breathing treatments (nebulisers), Bowel/bladder flushes, Care of stomas, Diabetes management (blood sugar monitoring and insulin), Management of mitrofanoff or indwelling urinary catheter, Palliative care, Community outings.

# Artscape

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Borden
- Clanfield
- Cowplain
- Horndean
- Liphook
- Liss
- Petersfield
- Rowlands
- Waterlooville

## WHO ARE OUR SERVICES FOR

Primarily mental health, and those recovering from addiction, but we also include those who through other disease/disability have no other social groups to attend. ie MS

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Tues/Thurs PM in Petersfield. Tues AM in Leigh Park

Contact Details	
Phone	07452 955626
Email	artscapeart@gmail.com
Website	artscapeart.weebly.com (please note not WWW)
Address	Artscape Winton House 18 High Street Petersfield, GU32 3JL

## OTHER USEFUL INFORMATION

Artscape is a unique art based charity that works alongside vulnerable and disabled adults in recovery from long and enduring mental ill health and related disabilities. Currently operating in Petersfield and Havant

# Brendoncare Clubs

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Over 60's, Male and Females

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Varied but from Monday to Saturday and usually between 10am & 4pm

Contact Details	
Phone	07467 955865
Email	<a href="mailto:ksearle@brendoncare.org.uk">ksearle@brendoncare.org.uk</a>
Website	<a href="http://www.brendoncare.org.uk">www.brendoncare.org.uk</a>

## OTHER USEFUL INFORMATION

Brendoncare Clubs run social and activity clubs across the county aimed at ensuring older people have access to such opportunities. Clubs run across the week and weekends.



# Community First

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Bordon
- Clanfield
- Cowplain
- Denmead
- Emsworth
- Havant
- Hayling Island
- Horndean
- Liphook
- Liss
- Petersfield
- Rowlands Castle
- Waterlooville

## WHO ARE OUR SERVICES FOR

There are age restrictions and referral requirements dependent on the service. Please go to our website for more detail on individual service criteria. <https://www.cfirst.org.uk>

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Opening times dependent on service.

Contact Details	
Phone	0300 500 8085
Email	admin@cfheh.org.uk
Website	<a href="http://www.cfirst.org.uk">www.cfirst.org.uk</a>
Address	Langstone Technology Park Langstone Road Havant PO9 1SA

# Community First (continued)

## OTHER USEFUL INFORMATION

Volunteering for Organisations, Groups and Individuals Community First's Volunteer Service is part of the Hampshire Volunteering Network. For more information about our volunteering service or to register your organisation to advertise volunteering opportunities see [www.volunteerwessex.org](http://www.volunteerwessex.org) Community Transport. We run call and go and dial-a-ride services for individuals who have difficulty using public transport. Minibuses. Our fleet of accessible minibuses are available to hire by local groups. Shopmobility. We run services in Winchester, Havant and Chichester, and run the Winchester Bikeabout scheme. We can also offer MiDAS training. Wellbeing. We provide a range of wellbeing services in partnership with others charities and community groups. These services are all about people helping people in ways that support individuals stay active, be connected, learn, give and live in their communities.

- Lunch Clubs
- Silver Linings (activities for older people)
- Healthy Lifestyle Initiatives.

RASAC/ISVA Our Rape and Sexual Abuse Counselling service (RASAC) offers a free, confidential listening and support service for women and men who have been raped and/or sexually abused at any time in their lives, or for anyone who wants to talk about the effects of any unwanted sexual encounter. ISVA Independent Sexual Violence Advisory Service offers practical and emotional support to survivors of sexual violence, regardless of whether they have decided to report to the police or not.

Youthfirst our specialist Youth Services run traditional youth clubs and outreach and are increasingly providing custom made anxiety and anger management training for schools and agencies as well as providing support to the LGBTQ community.

Community Development We work with community groups and organisations to access the best possible funding advice & developmental support services to strengthen their operational performance and become more sustainable organisations.

- Setting up as a new organisation
- Finding Trustees and volunteers
- Developing sustainable funding strategies
- Providing advice on employment issues
- DBS checks
- Providing Forums for networking and partnership building

Community Buildings Hewitt's @ Emsworth. We hire the building out at sensible rates to organisations and groups that need a home and for events where the whole community can come together. Leigh Park Community Centre Providing a facility for over 20 different groups working for the benefit of local residents at this vibrant facility.

Training Our Learning & Development team provides high value, low cost training and development activities to help you ensure that your staff and volunteers can access the training they need. We are registered provider of Education and Learning services with the Skills Funding Agency. We run a wide variety of regular training courses. Through our accredited training centre Skills to Grow, we offer a range of qualifications in Customer Services, Business Admin, Management, Education and Advice topic areas. We can also offer bespoke training tailored to the needs of your organisation.

# Friends of Emsworth Community Health

## AREA COVERED

- Emsworth

## WHO ARE OUR SERVICES FOR

We support 18 organisations whose provision includes home care, day centres and other support for older people, people with disabilities and younger people with learning difficulties.

## WHO CAN REFER TO OUR SERVICE

- Adult Services
- Children Services
- Community Provider
- Any organisation which has a need for support

Contact Details	
Phone	01243 372274
Email	<a href="mailto:regharnett1941@btinternet.com">regharnett1941@btinternet.com</a>
Website	
Address	8 Barn Close, Emsworth PO10 7LJ

## OTHER USEFUL INFORMATION

Support organisations which provide a service which benefits the health and wellbeing of the people of Emsworth and the wider community, by the provision of funds and other means.

# Hampshire Harriers

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Males and Females from Teenagers to 70+

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Training is Wednesday's 7.30-9.30pm and Sunday's 11-2pm

Contact Details	
Phone	02392 352824
Email	<a href="mailto:annettefloss@hotmail.com">annettefloss@hotmail.com</a>
Website	<a href="http://www.hampshireharriers.org.uk">www.hampshireharriers.org.uk</a>
Address	Oasis Academy Mayfield Ashley Crescent Southampton SO19 9NA

## OTHER USEFUL INFORMATION

Hampshire Harriers Inclusive Sports Club offer rehabilitation, fun and competitive sport mainly through wheelchair basketball. Harriers are for disabled and able-bodied so therefore friends and family of disabled can also play giving true inclusiveness.

# Havant Area Disability Access Group

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Cowplain
- Denmead
- Emsworth
- Havant
- Hayling Island
- Horndean
- Waterlooville

## WHO ARE OUR SERVICES FOR

We offer our services to everyone

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

We have open meetings 1st and 3rd Mondays, 10am to Midday in Havant and Waterlooville respectively. The Organisation have Website and email which is monitored 24/7 and the voicemail service on monitored on an adhoc basis.

Contact Details	
Phone	02392 255939
Email	<a href="mailto:info@hadag.org.uk">info@hadag.org.uk</a>
Website	<a href="http://www.hadag.org.uk">www.hadag.org.uk</a>
Address	Havant Public Service Plaza

## OTHER USEFUL INFORMATION

We provide support to disabled people with respect to access to buildings; services and information predominantly in the Borough of Havant, but in the case of services and information, our remit can and does occasionally stretch further afield. We also work closely with local authorities through participation in consultations, the planning process, and with essentially any provider of services who requires advice to ensure they are meeting their legal obligations under the Equality Act (2010). We do NOT provide support with benefits, housing matters, legal issues nor do we formally offer support with specific disabilities, unless a question is answered by someone with specific knowledge of, or who has, a similar condition. We realise we cannot do everything

# Havant and East Hants MIND

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Borden
- Clanfield
- Cowplain
- Denmead
- Emsworth
- Havant
- Hayling Island
- Horndean
- Liphook
- Liss
- Petersfield
- Rowlands
- Waterlooville

## WHO ARE OUR SERVICES FOR

Children and adults with mental health problems

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday to Saturday. Office Monday to Friday 9-5

Contact Details	
Phone	02392 498916
Email	<a href="mailto:info@easthantsmind.org">info@easthantsmind.org</a>
Website	<a href="http://www.easthantsmind.org">www.easthantsmind.org</a>
Address	Leigh Park Community Centre Havant

## OTHER USEFUL INFORMATION

Mental Health Services which include Wellbeing Recovery...supporting people to understand and manage their symptoms. We use a number of ways to do this including one to ones, courses, support groups, resilience building, leisure activities and peer support. We work with families and young people to provide intensive support for families with multiple and/ complex needs by offering practical and emotional support.

# Havant Borough Talking Newspaper

## AREA COVERED

- Havant (Havant Borough Council Area)
- Clanfield
- Cowplain
- Denmead
- Havant
- Hayling Island
- Waterlooville

## WHO ARE OUR SERVICES FOR

All - in general our Listeners are elderly

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services

## OPENING DAYS AND TIMES

Service posted to Listeners home

Contact Details	
Phone	02392 480101
Email	<a href="mailto:admin@hbtn.org.uk">admin@hbtn.org.uk</a>
Website	<a href="http://www.hbtn.org.uk">www.hbtn.org.uk</a>
Address	19 East St, Havant, Hampshire PO9 1AE

## OTHER USEFUL INFORMATION

Audio local news and items of general interest to VIPs

# Hayling Voluntary Services

## AREA COVERED

- Havant (Havant Borough Council Area)
- Cowplain
- Emsworth
- Havant
- Hayling Island
- Petersfield
- Rowlands
- Waterlooville

## WHO ARE OUR SERVICES FOR

All ages, any gender, all we ask is that our adult patients are able to get in and out of a car with the minimum of help and those parents provide the proper safety seats if we are taking small children. We have our own wheelchairs and blue badges so we are able to offer those less mobile help when we get to their destinations if need be.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services

## OPENING DAYS AND TIMES

Our office is open Monday -Friday 9-12 and 1.30 -3pm. Our drivers are usually happy to pick up patients from 6am (usually for day surgery) until 7pm (Mon -Fri) and some of our drivers are happy to take patients Saturday and Sundays.

Contact Details	
Phone	02392 464730
Email	haylingvolunteers@hotmail.co.uk
Website	<a href="http://www.haylingvoluntaryservices.org.uk">www.haylingvoluntaryservices.org.uk</a>
Address	C/O The health Centre Elm Grove, Hayling Island, PO11 9AP

## OTHER USEFUL INFORMATION

We provide transport for around 1300 Hayling Island clients to enable them to get to all sorts of medical appointments at various hospitals, Health Centre, Dentists and Opticians even some day care clients going for therapy. The client is asked to make a voluntary donation for our services to cover the driver's expenses. We also have a Befriending team who visit the elderly in their own homes, providing company and doing errands. We have just started a small Practical Home Help team doing small DIY jobs, smoke alarm battery changes, bulb changing, shelf hanging, mowing and weeding etc. for those people who cannot get professional help. We also provide an emergency dog walking service if a patient is rushed into hospital leaving pets at home alone.



# Headway Portsmouth & South East Hants

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Borden
- Clanfield
- Cowplain
- Denmead
- Emsworth
- Havant
- Hayling Island
- Horndean
- Liphook
- Liss
- Petersfield
- Rowlands
- Waterlooville

## WHO ARE OUR SERVICES FOR

All sex from the age of 18+ and no cap at top age of people with a brain injury

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Everyday Mon - Fri

Contact Details	
Phone	02392 664972
Email	<a href="mailto:cailey@headwayportsmouth.co.uk">cailey@headwayportsmouth.co.uk</a>
Website	
Address	Mountbatten Centre Portsmouth PO2 9QA

## OTHER USEFUL INFORMATION

Supporting individuals and their family members after Brain Injury

# Home Library Service - Hampshire

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Anyone who finds it significantly difficult to access their local library due to health issues, mobility problems or caring responsibilities.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday – Saturday

Contact Details	
Phone	0300 555 1387
Email	libunit4@hants.gov.uk
Website	<a href="https://www.hants.gov.uk/library/servicesforyou/homelibraryservice">https://www.hants.gov.uk/library/servicesforyou/homelibraryservice</a>
Address	Hampshire Library Service

## OTHER USEFUL INFORMATION

The Home Library Service is for anyone who finds it difficult to get to their nearest library due to mobility/health issues or caring responsibilities. We can usually arrange for one of our local volunteers to visit to exchange library materials on a monthly basis. This service is free and available in all Hampshire County Council libraries. There are no charges to hire audio books, and no overdue charges for late returns. All our volunteers are DBS (CRB) checked and comply with instructions and standards as set out by library staff. We can deliver a wide range of fiction and non-fiction books in standard and large print formats, specialist books and items from our Reminiscence collection, audio books on CD, MP3 CD (a whole book on one disc) and Playaways which are easy to use digital players. We can also offer National Talking newspapers and Magazines which can be downloaded onto a memory stick and listened to through any device with an MP3 USB. If you know someone who could benefit from this service, please talk to staff at your nearest library, call us on 0300 555 1387, or apply online at [www.hants.gov.uk/library/servicesforyou/homelibraryservice](http://www.hants.gov.uk/library/servicesforyou/homelibraryservice)

# Home-Start in Hampshire

## AREA COVERED

- East Hampshire
- Havant (Havant Borough Council Area)
- Borden
- Clanfield
- Denmead
- Emsworth & Rowlands Castle
- Havant
- Hayling Island
- Horndean
- Liphook & Liss
- Petersfield
- Waterlooville & Cowplain

## WHO ARE OUR SERVICES FOR

Any family who has at least one child under 5.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult & Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday - Friday 9 – 5

Contact Details	
Phone	01730 23755
Email	<a href="mailto:nicola@homestart-butser.org.uk">nicola@homestart-butser.org.uk</a>
Website	<a href="http://www.homestart-butser.org.uk">www.homestart-butser.org.uk</a> <a href="http://www.homestart-weywater.org.uk">www.homestart-weywater.org.uk</a> <a href="http://www.homestart-havant.org.uk">www.homestart-havant.org.uk</a>
Address	Winton House 18 High Street Petersfield, GU32 3JL

## OTHER USEFUL INFORMATION

Home-Start in East Hampshire and Havant, recruits and trains local volunteers with parenting experience to support families with young children going through a critical time in their lives. Volunteers visit the families in their homes for 2-3 hours a week providing them with emotional and practical support, helping them to help themselves. We also offer Family Groups where parents and children can meet in a supportive environment.

# Horizon Angling Club for the Disabled

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

We have a membership between 12 year olds and 80 year olds; there are no barriers to sex, ability, disease etc.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

We meet every Thursday from 4.00pm to approximately 7.00pm or later depending on weather.

Contact Details	
Phone	02392 265648
Email	<a href="mailto:fredmonck@yahoo.co.uk">fredmonck@yahoo.co.uk</a>
Website	<a href="http://horizondac.co.uk/">http://horizondac.co.uk/</a>
Address	unit 11/12 Bastion 3 Scott Road Hilsea Portsmouth PO3 5JH

## OTHER USEFUL INFORMATION

We are a voluntary organization in the form of a non-profit charity, we are; the Horizon Angling Club for the Disabled. We meet on a weekly basis and also have fishing venues which our members can access free of charge. We are administered by a committee of 8 elected members of the club; all positions are voluntary and unpaid regardless of time or travel. Our membership is varied; we have members who are eighty plus years old that remain active through their hobby of fishing, on the flip side we have a junior membership with members currently starting at twelve. Physical disabilities within the club are very varied, we have stroke survivors, wheelchair users, various heart and circulation disorders and more all are supported by their fellow club members, this includes the associate members are able bodied and help support the members of the club where needed on an ad hock basis.

# Horndean Voluntary Care Group

## AREA COVERED

- Horndean
- Horndean Parish includes Blendworth, Catherington & Lovedean.

## WHO ARE OUR SERVICES FOR

In theory any but, in practice, it is largely the elderly to whom we provide the service. Regret cannot carry wheelchairs - volunteer drivers all use their own vehicles.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

"Any reasonable time", but provision depends on availability of drivers.

Contact Details	
Phone	Duty Co-ordinator 0752 833 1989: Hon. Sec. 023 9259 2767
Email	chris.beach662@btinternet.com
Website	<a href="http://www.horndeanvcg.co.uk">www.horndeanvcg.co.uk</a>
Address	68 Sunderton Lane Clanfield PO8 0NT

## OTHER USEFUL INFORMATION

A Voluntary organisation offering transport at any reasonable time to (largely) the elderly to appointments at hospital, GP surgeries, opticians etc, for which we request a donation. We ask that individuals requesting transport give at least 48 hours' notice to the Duty Co-ordinator (dedicated telephone number 0752 833 1989).

# KIDS

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

We work with young people with all disabilities and medical conditions.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children's Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

7 days per week 24 hrs per day.

Contact Details	
Phone	01329 312312
Email	<a href="mailto:southern.shortbreaks@kids.org.uk">southern.shortbreaks@kids.org.uk</a>
Website	<a href="http://www.kids.org.uk">www.kids.org.uk</a>
Address	Delta House Salterns Lane Fareham Hampshire PO16 0QS

## OTHER USEFUL INFORMATION

KIDS are a disabled children's charity working with young people aged 0- 25years old.

# LYLAC: Live Your Life After Cancer

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

All types of cancer, any age, gender, background

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)
- Cancer Charities (we work closely together for many years with e.g. Macmillan and Breast Cancer Care)

## OPENING DAYS AND TIMES

7 days a week, including evenings

Contact Details	
Phone	07901 735207
Email	info@lylac.net
Website	<a href="http://lylac.net">http://lylac.net</a>
Address	12 Teg Down Meads Winchester Hampshire

## OTHER USEFUL INFORMATION

LYLAC is Social Enterprise, based in the Hampshire - Dorset area to support cancer survivors in moving forward and living well after their cancer experience. This support is delivered through individual support and free one-day workshops. Both co-founders have personal cancer experience and are qualified life coaches (one is also a GP).

# Macmillan Information and Support Centre

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Anyone affected by cancer in South East Hampshire

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday-Friday 10am-4pm

Contact Details	
Phone	02392 283323
Email	<a href="mailto:macmillancentre@porthosp.nhs.uk">macmillancentre@porthosp.nhs.uk</a>
Website	<a href="http://www.porthosp.nhs.uk/departments/Macmillan-Centre/welcome-to-the-macmillan-centre-at-qa-hospital.htm">http://www.porthosp.nhs.uk/departments/Macmillan-Centre/welcome-to-the-macmillan-centre-at-qa-hospital.htm</a>
Address	Queens Alexandra Hospital Southwick Hill Road PO6 3LY

## OTHER USEFUL INFORMATION

The Macmillan Centre offers information & support to patients, their families and professionals on many aspects of living with cancer and its treatments. The centre provides a wide range of information resources, a supportive listening service, counselling service; Macmillan Citizens Advice Service; complementary therapies; hair loss clinics; Look Good Feel Better; self-management programmes, creative arts workshops and hosts a number of patient support groups.



# Macmillan Midhurst Specialist Palliative Care Service

## AREA COVERED

- Bordon
- Liphook
- Liss
- Petersfield

## WHO ARE OUR SERVICES FOR

All Terminally ill Patients with Cancer and other conditions, i.e. MND, Dementia, cardiac failure

## WHO CAN REFER TO OUR SERVICE

- GP
- Other Health Professionals
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

7 days a week. 8.30am to 8.30 pm.

Contact Details	
Phone	01730 811121
Email	<a href="mailto:j.meech@nhs.net">j.meech@nhs.net</a>
Website	
Address	The Pearson Unit, Midhurst Community Hosp, Dodsley Lane, Midhurst , West Sussex GU29 9AW

## OTHER USEFUL INFORMATION

Specialist Palliative care to patients within a 25 mile radius of Midhurst

# Marie Curie

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

All patients aged 18 and over with any terminal diagnosis, who wish to be and are able to be safely cared for at home or in a care home prior agreement from their GP or primary care team is needed. We can also help if they have family members who need our support.

## WHO CAN REFER TO OUR SERVICE

- GP
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Any day of the week between 10.00pm and 7.00am

Contact Details	
Phone	07775 551605
Email	<a href="mailto:miriam.newton@maricecurie.org.uk">miriam.newton@maricecurie.org.uk</a>
Website	<a href="http://mariecurie.org.uk">mariecurie.org.uk</a>
Address	Marie Curie Nursing Service Great Nordic House 204 Godstone Road Caterham Surrey CR3 6RD

## OTHER USEFUL INFORMATION

Marie Curie Nurses and Health care assistants are experience in caring for people with end of life care needs. They provide 9 hour nursing shifts any day of the week from 10pm-7am in people's home and in care homes.

# Motor Neurone Disease Association

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

People affected by MND

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

Contact Details	
Phone	03453 751831
Email	<a href="mailto:louise.rickenbach@mndassociation.org">louise.rickenbach@mndassociation.org</a>
Website	<a href="http://www.mndassociation.org">www.mndassociation.org</a>
Address	David Niven House 10 – 15 Notre Dame News Northampton NN1 2BG

## OTHER USEFUL INFORMATION

The MND Association is the only National Charity that supports people with MND, promoting Care and Research.

# Off the Record

## AREA COVERED

- Havant
- Clanfield
- Hayling Island
- Horndean
- Liss
- Petersfield
- Rowlands Castle
- Waterlooville

## WHO ARE OUR SERVICES FOR

Counselling, support, information and specific services for young carers

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

5 evenings per week mon - fri

Contact Details	
Phone	02392 785999
Email	<a href="mailto:admin@off-the-record.org">admin@off-the-record.org</a>
Website	<a href="http://www.off-the-record.org.uk">www.off-the-record.org.uk</a>
Address	138 Purbrook Road Leigh Park Havant

## OTHER USEFUL INFORMATION

Free counseling support for 11- 25 year olds in South Eastern Hampshire for our base in Leigh Park, Havant and via group work in venues across the area

# Open Sight

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Open Sight's services are available to any age group, ability and the person's sight loss does not have to be registered condition to be eligible to access our services.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday-Thursday 08.30-16.30 and Friday 08.30-16.00

Contact Details	
Phone	023 8064 1244
Email	<a href="mailto:info@opensight.org.uk">info@opensight.org.uk</a>
Website	<a href="http://www.opensight.org.uk">www.opensight.org.uk</a>
Address	25 Church Road Bishopstoke Eastleigh

## OTHER USEFUL INFORMATION

Open Sight provides a range of services to enable people to adapt and manage their lives which have been altered because of sight loss. Open Sight can help with; everyday living; aids and equipment; support with benefits and entitlements; Low Vision Assessments; supporting the whole family; Reablement service; Information Advice and Guidance; peer support social groups; leisure activities; Holidays specific to visually impaired people. Open Sight have a suite of training courses for professionals, organisation, groups, carers and family members.

# Osteoporosis Support Group Portsmouth & South East Hants

## AREA COVERED

- East Hampshire
- Havant
- Clanfield & Denmead
- Emsworth & Rowlands Castle
- Hayling Island & Horndean
- Liphook & Liss
- Petersfield
- Waterlooville & Cowplain

## WHO ARE OUR SERVICES FOR

Osteoporosis is much more prevalent in people over the age of 50 and is much more common in women than men. Nevertheless, our group is entirely inclusive, involving both sexes and all ages. A number of people develop osteoporosis due other factors such as coeliac disease and steroid treatment and we try to provide support for all.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

We maintain an e-mail account and publicise telephone numbers for use during normal office hours

Contact Details	
Phone	01329 833114, Margo Berry, chairman
Email	<a href="mailto:nos.portsmouth@outlook.com">nos.portsmouth@outlook.com</a>
Website	<a href="http://www.nos.org.uk/portsmouth">www.nos.org.uk/portsmouth</a>
Address	Woodfield, Solomons Lane, Shirrel Heath SO32 2HU

## OTHER USEFUL INFORMATION

The National Osteoporosis Society offers support to people with osteoporosis, their families and carers, through a range of detailed information booklets and leaflets and a national telephone helpline. The local support group publicises the National Society and also works very closely with the Rheumatology Department of Queen Alexandra Hospital. The Group hold seven open meetings every year with expert speakers on subjects such as diet, drug use, falls prevention etc. The group will also give talks to local groups and organisations on osteoporosis, regarding both prevention and management.

# Parent Voice

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Parents and Carers of children and young people with disabilities and/or additional needs aged 0-25 years. We can also take referrals from professionals (providing the family are aware) and professionals can also join Parent Voice.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday - Friday (normal working hours)

Contact Details	
Phone	0300 303 8603
Email	<a href="mailto:parentvoice@roseroad.org.uk">parentvoice@roseroad.org.uk</a>
Website	<a href="http://www.parentvoice.info">www.parentvoice.info</a>
Address	Parent Voice Bradbury Centre 300 Aldermoor Road, Southampton SO6 5NA

## OTHER USEFUL INFORMATION

Parent Voice is information and advice service for parents and carers of disabled children aged 0-25 in Hampshire. Joining membership of Parent Voice is free and as a member of Parent Voice you will benefit from: A free weekly bulletin packed full of useful guides, training, consultations, activities and more. You will be better informed about local and national issues. A local rate helpline if you need advice on anything about your disabled child. Workers who are local to you, developing networks and links to provide solutions to your individual queries. You can find out more about the workers at [http://www.hampshiregateway.info/en/Meet the Team](http://www.hampshiregateway.info/en/Meet_the_Team). We also administer the Hampshire Gateway website- a one stop shop for activity providers, clubs, holiday activities and fun things to do. Some of our activities are for disabled children only, but many are inclusive. To find out more, have a look at the Hampshire Gateway site: [www.hampshiregateway.info](http://www.hampshiregateway.info) over the last 12 months, we have assisted more than 600 families to find the support they need and over 400 children to access a short break. We have responded to over 1500 requests for information via our advice line and over 3000 parents receive our bulletin every week. To speak to a member of the team call us on 0300 303 8603 or you can join our free information network going to [www.parentvoice.info](http://www.parentvoice.info)

# Social Care in Action (SCA) Group

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

All Members of the community

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Some services are 24/7; others are business hours or other times.

Contact Details	
Phone	023 8036 6663
Email	<a href="mailto:fiona.price@scagroup.co.uk">fiona.price@scagroup.co.uk</a>
Website	<a href="http://www.scagroup.co.uk">www.scagroup.co.uk</a>
Address	Amplevine House Dukes Road Southampton SO14 0ST

## OTHER USEFUL INFORMATION

We are a group of social enterprises providing not-for-profit services to people living in communities across the South of England. We provide: - Home care services including: domiciliary care, reablement, - Day care including older people and LD - Memory Groups and Cognitive Stimulations Therapy Groups - Transport services including dial a ride, community transport - Dentistry services including NHS dentistry in areas of need - Advocacy services - Fenwick health and wellbeing centre in Lyndhurst - Work with Options Health and Wellbeing Trust - Community Hub and Library provider in Bitterne, Southampton



# Southern Domestic Abuse Service

## AREA COVERED

- East Hampshire
- Havant
- Bordon & Petersfield
- Clanfield
- Emsworth & Rowlands Castle
- Hayling Island
- Horndean
- Liphook & Liss
- Waterlooville & Cowplain

## WHO ARE OUR SERVICES FOR

All victims of domestic abuse

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult & Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday-Thursday 09.30-17.30, Friday 09.30-17.00

Contact Details	
Phone	07721391149 02392008329
Email	<a href="mailto:sue.harrower@southerndas.org">sue.harrower@southerndas.org</a>
Website	<a href="http://www.southerndas.org">www.southerndas.org</a>
Address	Southmoor Workspace Unit 1-4 Southmoor Lane, Havant, PO9 1JW

## OTHER USEFUL INFORMATION

We manage refuges offering support and temporary accommodation to women and children who are escaping domestic abuse. We also offer outreach to women, children and men not staying in the refuge but still in need of advice, support and information. IDVA service, providing support to victims considered to be at high risk. We provide these services to people living in the Boroughs of Fareham, Gosport, Havant and in the East Hampshire District. We have a community development worker working in Portsmouth they Provide 1-2-1 support to women and girls affected by FGM, she educates women, men, and young people in the BME communities about FGM and its health and legal implications and empowers women to make decisions about their own and their daughters' bodies by providing them with information.

- Protection and support.
- We FGM training to professionals.

# Stroke Association

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

All Stroke Survivors

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)
- Voluntary Sector

## OPENING DAYS AND TIMES

Monday - Friday, 9am - 5pm

Contact Details	
Phone	02380 720420
Email	<a href="mailto:esme.mutter@stroke.org.uk">esme.mutter@stroke.org.uk</a>
Website	<a href="http://www.stroke.org.uk">www.stroke.org.uk</a>
Address	Stroke Association 3 <sup>rd</sup> Floor Roman Landing 35-37 St Marys Place Kingsway, Southampton, SO14 1AF

## OTHER USEFUL INFORMATION

Six month review service - Referrals to the Stroke Association six month review service are received from the hospital ward, Community Stroke Rehabilitation Team or via GP if there has been no hospital admission. Use of the GM-SAT assessment tool enables the six month review coordinator to discuss all aspects of rehabilitation and life after stroke with the stroke survivor and their families. This includes medication, lifestyle, sensory impairment, communication, nutrition and weight management, pain, continence, mobility, mood, fatigue, sleep, memory, transport, activities, work, housing and carer support. Other topics often arise through conversation and advice can be given. The Stroke Association has a wide range of regularly updated fact sheets and information booklets which the coordinator can hand out at the review or post onto them. Communication support service - The Communication support service is needs led and by working closely with the Speech and language therapy team, will offer stroke survivors with Aphasia and other communication difficulties, on-going opportunities to develop skills, practice strategies and meet others in the form of communication workshops and/or 1:1 support in their homes or local communities

# Surgery Signposting Project (GVA)

## AREA COVERED

- East Hampshire (East Hants District Council Area)
- Bordon
- Havant
- Fareham and Gosport

## WHO ARE OUR SERVICES FOR

Anyone over the age of 18

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GP
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Surgery Specific timings

Contact Details	
Phone	02392 583836
Email	<a href="mailto:ssp@gva.org.uk">ssp@gva.org.uk</a> <a href="mailto:sspgosport@gva.org.uk">sspgosport@gva.org.uk</a>
Website	<a href="http://gosport-voluntary-action.org.uk/">http://gosport-voluntary-action.org.uk/</a>
Address	Surgery Signposting Project Gosport Voluntary Action, Martin Snape House, 96 Pavilion Way, Gosport PO12 1FG

## OTHER USEFUL INFORMATION

**Surgery Signposters Project** The aim of the project is to help people with long term conditions and other health and social needs to better manage their own health with appropriate advice and support available from the community and voluntary sector. GPs, practice nurses and receptionists, will be able to direct patients, their families and carers, such as those newly diagnosed with a long term condition, to a 'Surgery Signposter' who will spend time with them to understand their needs and be able to inform them of a local group or service that can offer support. Likewise a GP, practice nurses or receptionists, can refer a patient who has an on-going chronic condition which they are struggling to manage. They can also refer patients where the issue affecting their health is caused by non-clinical problems such as social isolation, debt, obesity or families who need extra support. Patients, their carers and families will also be able to self-refer to the service. The Signposter would put them in touch with a support group who could provide advice and support on how to manage their condition.

# The Macular Society

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Macular disease is primarily age related although it can sometimes affect younger people. it is not gender specific.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves

## OPENING DAYS AND TIMES

Macular Society helpline, 0300 3030 111 is available 9am – 5pm daily. The local Havant Support Group meets on the 4th Thursday of every month at the Havant URC Meeting Place between 1.30pm and 3.30pm

Contact Details	
Phone	01264 321963
Email	<a href="mailto:Tom.M@macularsociety.org">Tom.M@macularsociety.org</a>
Website	macular society.org
Address	PO Box 1870 Andover SP10 9AD

## OTHER USEFUL INFORMATION

The Macular Society is a national charity, based in Andover which exists to help people suffering from macular degeneration. Local Support Groups throughout the UK meet on a regular basis to provide a source of help and advice to sufferers. In addition the Society publishes a quarterly magazine, Side view, an annual research review, Digest and a quarterly newsletter. It also operates a telephone support and advice service, provides free literature on all aspects of macular disease including driving, use of technology, lighting, low vision aids and emotional impact to name but a few and actively campaigns and fundraises for research. Free professional membership of the Society is available for health and care professionals

# The Princess Royal Trust for Carers in Hampshire

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

This service is for unpaid carers who are over the age of 18 years old.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday – Friday 8.30am – 5.00pm. EPC emergency line is 24hrs a day 365 days a week.

Contact Details	
Phone	01264 835246
Email	<a href="mailto:alison.wood@carercentre.com">alison.wood@carercentre.com</a>
Website	<a href="http://www.carercentre.com">www.carercentre.com</a>
Address	Andover War Memorial Hospital Charlton Road Andover

## OTHER USEFUL INFORMATION

The Princess Royal Trust for Carers in Hampshire is the commissioned service in Hampshire to offer Carer Support and information to Carers across the County. We are also commissioned to run the Emergency Plan of Care.

# The Rainbow Centre for Conductive Education

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

- Children and adults with Cerebral Palsy.
- Adults who have had a Stroke or Head Injury, or who have MS or Parkinson's.
- Patients between the ages of 0 – 100 years of age

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Children's Service – 10.00am – 3.00pm Monday – Saturday

Adult's Service – 9.30am – 4.00pm Monday – Friday

Contact Details	
Phone	01329 289500
Email	<a href="mailto:enquiries@rainbowcentre.org">enquiries@rainbowcentre.org</a>
Website	<a href="http://www.rainbowcentre.org">www.rainbowcentre.org</a>
Address	The Bradbury Building Palmerston Drive Fareham, PO14 1BJ

## OTHER USEFUL INFORMATION

The Rainbow Centre provides Conductive Education to children with Cerebral Palsy and adults who have MS, Parkinson's, Cerebral Palsy and who have had a Stroke or Head Injury. Conductive Education is an integrated programme of learning, enabling people with damage to the nervous system to overcome the challenges that they face. The Children's Service groups are Early Intervention/Under 3's, Nursery Reception, Transition (School Age) and Saturday Clubs. The Rainbow Centre has received "Outstanding" for its last four consecutive Ofsted Inspections. The organisation also provides session for adults throughout the week, usually run in groups of people with the same condition, offering a programme specifically devised for the condition.

# The Rosemary Foundation Hospice at Home

## AREA COVERED

- East Hampshire
- Havant & Denmead
- Bordon & Petersfield
- Clanfield & Horndean
- Emsworth & Rowlands Castle
- Liphook & Liss
- Waterlooville & Cowplain

## WHO ARE OUR SERVICES FOR

Patients with life-limiting conditions as they reach the end of their lives, irrespective of what that condition may be.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

24 hours per day, 7 days per week, 365 days per annum

Contact Details	
Phone	01730 266329
Email	<a href="mailto:info@rosemary-foundation.org.uk">info@rosemary-foundation.org.uk</a>
Website	<a href="http://www.rosemary-foundation.org.uk">www.rosemary-foundation.org.uk</a>
Address	35 Lavant Street, Petersfield, Hampshire

## OTHER USEFUL INFORMATION

The Rosemary Foundation Hospice at Home is a registered charity, providing nurse-led care for individuals who have life limiting conditions and support for their carers, in their home, as life draws to a close. The service is available for people living within a 15-mile radius of Petersfield, in Hampshire, parts of West Sussex and Surrey and covers an area in excess of seven hundred square miles with a population of approximately 120,000. Whatever the condition and however long a life a person may have left, we offer personal care and emotional support to the individual and their immediate family for as long as it takes, whether that is days, weeks or months. We employ ten trained nurses and eight care support workers. Our aim is to provide consistent support to each family so that they see the same face every day. This is important as it enables the nurses and workers to form a bond with each family, allowing them to gain trust and provide the family with confidence in the care they are receiving. The Foundation also offers some complementary therapies to patients and carers. All are provided without charge. We then continue to support those left behind for as long as they need us to. We have recently added a Volunteer Visiting Service (Befriending) for the benefit of our patients and their families / carers.

# The Social & Emotional Wellbeing Support Service (SEWSS)

## AREA COVERED

- East Hampshire
- Havant
- Emsworth

## WHO ARE OUR SERVICES FOR

Children aged 3 years and over, families

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Monday – Friday 8.30am - 5.30pm, evenings and weekends by arrangement

Contact Details	
Phone	07761805821
Email	<a href="mailto:hilary@sewss.co.uk">hilary@sewss.co.uk</a>
Website	<a href="http://www.sewss.co.uk">www.sewss.co.uk</a>
Address	SEWSS, Business@Buckland 174 Kingston Road Portsmouth PO2 7LP

## OTHER USEFUL INFORMATION

SEWSS is a not for profit organisation. We work in partnership with families, schools and other organisations to support emotional wellbeing and improve outcomes for children and young people. We are a provider of parenting groups and one-to-one support, and work in partnership with The Natural Therapy Centre to provide therapeutic support for children and young people.



# Waterlooville, Purbrook and Cowplain Good Neighbours

## AREA COVERED

- Cowplain
- Waterlooville
- Parts of Purbrook

## WHO ARE OUR SERVICES FOR

Services are for Adults, mainly the elderly.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

9.00am – 6.00pm Monday to Friday

Contact Details	
Phone	01392 266005
Email	
Website	<a href="http://www.stgeorgesnews.org/goodneighbours">www.stgeorgesnews.org/goodneighbours</a>
Address	No Office

## OTHER USEFUL INFORMATION

- Transport to medical appointments for people unable to use public transport and those who find it extremely difficult/tiring.
- Accompanied and unaccompanied shopping.
- Visiting the housebound who are socially isolated.
- Small DIY.

# Wessex Cancer Trust

## AREA COVERED

- Whole of Hampshire

## WHO ARE OUR SERVICES FOR

Any Age, Sex and ability all cancers catered for.

## WHO CAN REFER TO OUR SERVICE

- Individuals can refer themselves
- GPs
- Other Health Professionals
- Adult Services
- Children Services
- Community Provider (Southern Health etc)

## OPENING DAYS AND TIMES

Varies but mostly 10 - 4pm Monday to Friday, we are looking at expanding our times to support people who work.

Contact Details	
Phone	023 80 67 2200
Email	<a href="mailto:sara.hawkins@wessexcancer.org.uk">sara.hawkins@wessexcancer.org.uk</a>
Website	Wessexcancer.org.uk
Address	Wessex Cancer Trust

## OTHER USEFUL INFORMATION

We provide emotional support to anyone affected by a diagnosis of cancer via complementary therapies, counselling and befriender support/singing groups and support groups. Our services are free and anyone, including friends and family can access the service via our 7 support centres dotted across the Wessex Region.