



Fareham and Gosport Voluntary Sector Health Forum

Networking and Showcase Event

10.15am-12.30pm, Thursday 27 November 2025

Nimrod Centre, 17 Falcon Meadows Way, Gosport, PO13 8AA



Hampshire and Isle of Wight

Programme for today...



- **Agenda – Angela Gill, Health Forum Facilitator, [Community First](#)**
- **Tim Houghton, Chief Executive, [Community First](#)**
- **Angela Gould, Coordinator, [Age Concern Gosport](#)**
- **Justin Strain, Consultant Physiotherapist in Pain Management, [Hampshire & IoW Healthcare NHS Foundation Trust](#)**
- **Health Forum Members - ‘1 Minute Updates’**
- **Refreshment Break, [Networking](#) and [Showcase Market Stalls](#)**
- **Dates of 2025-26 Health & Wellbeing Webinars and Gosport’s ‘[Networking and Showcase Event](#)’**
- **Final [Networking](#) and [Showcase Market Stalls](#)**
- **Close** of the Health Forum

A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

tim.houghton@cfirst.org.uk





Challenges: Funding and Volunteers

- Many **groups** in the Health & Wellbeing Space are finding it difficult to secure funding & to recruit volunteers needed to sustain or expand services, despite growing demand
- Capacity in the VCSE sector can change quickly; expectations may need to be managed re support &/or taking referrals
- Grant funds are heavily oversubscribed
- Despite an uplift in intention to volunteer and a rising number of volunteer opportunities, the reality is different.
- 1.16 million fewer volunteers aged 50+ in 2024 compared to 2019 and 632,000 fewer people doing informal volunteering



Collaboration is critical to address these challenges

- What do Health Forum members want &/or need most?
- Where are the gaps? Are there services needed that we aren't providing in Gosport and Fareham?
 - Healthy weights and obesity
 - Smoking cessation
 - Live Longer Better
- HIVCA (Hampshire & IoW VCSE Health and Care Alliance) <https://hivca.org/> Strategic Commissioning of VCSE services
- Demonstrate the value of the voluntary sector in preventing worsening health. Manifesto for Mayors
- How can we work better together to unlock new/more funding?
 - Lottery
 - Household Support Grant and future Crisis and Resilience Fund
 - Adults Health & Care Strategy
 - LCPs and Family First and Best Start
 - Pride in Place and CPP



Help with local connections and services across Fareham and Gosport

- **Help with volunteers** <https://volunteerfirst.co.uk/> and **Help for Groups** <https://www.cfirst.org.uk/help-for-groups/>
- **Close Encounters Befriending and Advocacy** <https://www.cfirst.org.uk/wellbeing/gosport-befriending/>
- **Gosport Community Spirit** <https://www.cfirst.org.uk/volunteering/gosport-community-spirit/>
- **Home Services** <https://www.cfirst.org.uk/wellbeing/home-services/>
- **Healthy Walks** Walk Leader training tim.houghton@cfirst.org.uk
- **Ukrainian hub** <https://www.cfirst.org.uk/wellbeing/gosport-ukrainian-hub/>
- **Help with Transport** <https://www.cfirst.org.uk/community-transport/> and **MIDAS Training Centre for minibus drivers** <https://www.cfirst.org.uk/training/midas/>

Age Concern Gosport
Gosport's Local Independent
Form Filling & Information Service
55yrs+ their Carers and Families
Angela Gould - Co-ordinator



Age Concern Gosport's Services



- We are an **independent** local charity
- Offering a **Form Filling & Information Service**
- **Free volunteer-delivered to those - 55+ & their families/carers**
- Located within **Community First's Building** (formerly - GVA)
- Open **Mon-Thu, 10am-12pm**
- **Serving** Gosport, Fareham & surrounding areas

Form Filling

- Attendance Allowance (AA)
- Blue Badge (BB)
- Carers Allowance (CA)
- Personal Independence Payment (PIP)
- Office Based – Referrals for Home Visits
- Community First - Advocacy (Gosport) Age Concern Hampshire, Age UK Portsmouth, Chat2Us



Information & Signposting



- Benefit Checks, Bus Passes, Driving Licence
- Computer Unconfident – Online Support with Housing Forms, Letters/Emails
- Community First - Home Services, Befriending, Advocacy, Transport
- Citizens Advice Solent East (Gosport)
- Personal Care
- Dementia Support
- Community Groups

Financial Entitlements for the over 55's Outreach & Talks

- Library Information Desks
- Welfare Benefits (AA, BB, CA, PIP)
- Council Tax Exemption
- Pension Credit
- Discounts on Utility Bills, Winter Fuel Payments, Cold Weather, Warm Home Discount



Putting your House in Order

- Lasting Power of Attorney- Health & Wealth
- Making a Will
- Funeral Arrangements
- Organ Donation
- Plan for your Future Care & Support
- Care of Dependents
- Digital Legacy



Make a Will



Plan your
funeral



Consider
organ
donation



Plan for
future care



Tell people
who need to
know

Statistics 2024



- **459** General Enquiries
- **92** Benefit Claims Completed - **£392,390** Income secured
- **AA 87** - 62% Female 38% Male
- **BB 23** - 70% Female 30% Male
- **PIP 5** - 60% Female 40% Male
- **632** Volunteer Hours
- **Top Wards Supported:** Lee East, Alverstoke and Elson
- **Top Referrals:** Welfare Benefit, Adult Services, Social Clubs, Wills Funeral & Lasting Power of Attorney (LPA)
- **Top Health Conditions:** Hypertension/Cholesterol, Osteoporosis, Heart Conditions

Volunteer Opportunities – Making a Difference

- **Information Assistants**
- **Trustees**



Thank you for listening
Any Questions?



Address: Martin Snape House, 96 Pavilion Way, Gosport, PO12 1FG

Hours: Monday to Thursday 10am-12pm

Phone: 02392 604699

Email: info@ageconcerngosport.org.uk

Website: www.ageconcerngosport.org.uk

AGEconcern
Gosport

What can a pain service offer?



Justin Strain, Consultant Physiotherapist (Pain Management)

South West Hampshire Pain Management Service

‘Live Your Best Life’

- We offer support to people living with persistent long-term pain. Our ethos is helping you to ‘Live your best life’, even though this may be in the presence of pain. For the majority of our patients, pain is an ongoing condition that they are gradually coming to terms with. We are very rarely able to cure pain, but we hope to reduce its impact on peoples’ lives. We hope to help make the pain more ‘livable with’.
- We may see learning to cope with persistent pain as a journey, and our role is often to accompany people on their journey. Many people benefit from understanding their pain better and exploring the physiological processes that cause persistent pain. We offer support to help live with the distress and the burden that pain can cause.



Who is involved?



Pain Management Services involve a wide range of people from different backgrounds, including:

- Occupational Therapists
- Psychologists
- People with lived experience of pain
- Physiotherapists
- Exercise Rehabilitation Instructors
- Nurses
- Exercise Rehabilitation Instructors
- Doctors



Understanding Pain

- Understanding the underlying physiology of pain.
 - Pain as an alarm system
 - Pain as a driver of behaviour
- Seeing pain in context – what does it mean to us?
 - What is the impact of pain in our lives?
 - How does this affect our pain experience?



Living our values alongside pain

- Reflecting on what is important to us.
 - How do we want to live?
 - What do we want to work towards?
 - What are the challenges?
 - What will help us?
- Taking small steps in the right direction.
 - Getting the right balance.
 - Being kind to ourselves.
 - What to do when it goes wrong.



Services available locally

- Portsmouth, SE Hants and Fareham and Gosport Persistent Pain Teams.
- Southampton Pain Team (Adelaide Health Centre)
- South West Hampshire Pain Management Service (Romsey and Hythe Hospitals)
- Pain Support Groups:
 - Gosport Partners through Pain
 - Fareham Friends through Pain
 - Southampton Keeping Pace with Pain



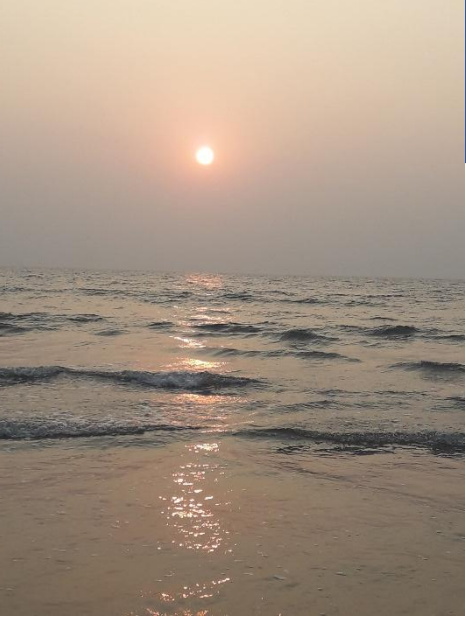
Networking and Showcase Market Stalls...





Thank
You

- ❖ **Thank you** to Leigh Rampton, **Nimrod Centre, Rowner**, today's **presenters**, **Katy Ovens**, those on **Market Stalls**, and **all** who helped, supported &/or attended today's Voluntary Sector '**Networking & Showcase Event**'
- ✓ The Health Forum **PowerPoint** and **Photos** will be on **Community First's** Health Forum **webpage** within a week
- **Dates of 2025-26 HWB & HSPN Webinars and Events...**
- **1-2pm Tuesday 9 December** - Hampshire and Isle of Wight Social Prescribing Network **Webinar** – '**Addressing Frailty and Social Isolation: Integrated Approaches to Ageing Well**'
- **1-2pm Tuesday 10 February 2026** - Voluntary Sector Health & Wellbeing **Webinar** – '**Weight Management in the 21st Century: Nutrition Innovation and Medical Intervention**'
- **9.30am-2.30pm Wednesday 11 March 2026** - Hampshire and Isle of Wight Social Prescribing Network – '**Networking and Showcase Celebration Event**' - Vineyard Church, Winchester



- Your Health & Wellbeing related **items** will be **circulated** electronically, monthly, by Katy Ovens
- We will be planning the **themes** for 2026-27 next month, [please share your ideas via the Feedback Form](#)
- **Finally**, if you know of a local health organisation/representative that might like to join this Forum or the Hants & IoW Social Prescribing Network, please ask them to email **Katy**:- healthforums@cfirst.org.uk
- ❖ Enjoy the Final **Networking & Showcase Market Stalls** and have a very **Happy, Healthy Christmas & New Year!**

Community First Fareham

163 West St, Fareham, PO16 0EF



<https://www.cfirst.org.uk>



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