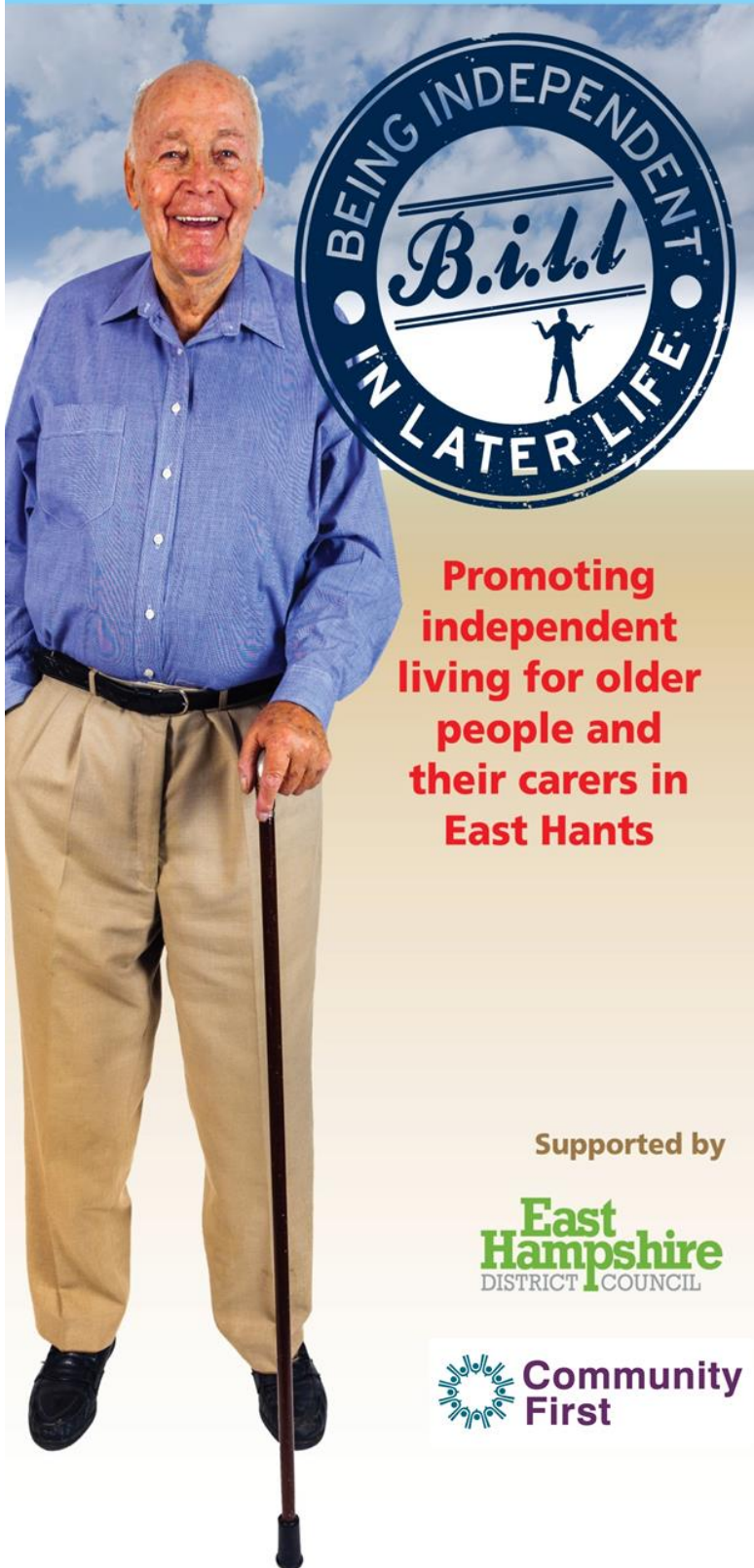


Living Well Ageing Well



Directory of Activities and Services for Older People in East Hampshire

2016

This directory has been developed by Community First to provide a list of activities and services for older people across East Hampshire. In addition to district and county wide services, it also includes national help lines and groups that can provide advice, information and support.

Community First aims to keep the information up to date but if you spot any omissions or inaccuracies please let us know. The directory is available on request via email, hard copy or it can be viewed on the Community First website at www.cfheh.org.uk

If you have any questions about the directory please contact:

Wendy Shone
 Older Peoples Outreach Worker
 Community First
 Mobile: 07467 941011
 Email: wendy.shone@cfheh.org.uk

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ADVICE, INFORMATION & SUPPORT

AGE CONCERN HAMPSHIRE - TIME TO TALK

The Time to Talk service offers professional counselling sessions in Fareham and Wickham for anyone in Hampshire who is over 50 with memory loss or dementia. Counselling can help someone with memory problems or dementia to live with their condition more positively. Sharing experiences with someone who understands in a therapeutic setting can help reconnect, engage and empower individuals. It can also have an effect on reducing feelings of anxiety, loss or isolation.

Cost: There is no charge for counselling, although donations towards the service are gratefully received at the end of each counselling relationship.

Contact: Age Concern Hampshire on 01962 868 545 for more information

Website: www.ageconcernhampshire.org.uk

AGE CONCERN HAMPSHIRE

Age Concern Hampshire can provide information and support for older people.

Contact: OPAL 0800 328 7154 for information on equipment, insurance, funeral plans, or guidance about other services.

AGE UK – ORCHARD CLUB

The Orchard Club operates within the Haslewey Community Centre, Haslemere, Surrey. It is a vibrant place for older people to meet, enjoy a nourishing meal, and access a wide range of services and provisions promoting their health, safety and wellbeing. We seek to provide a sense of belonging particularly for those who feel lonely and isolated. As part of our outreach programme to assist the elderly and frail and for those who are less mobile in getting to the centre, The Orchard Club has purchased a wheelchair access car. The wheelchair access car is used to transport less able members of our community to and from the club within a 3 mile radius. We have also started a visiting service for those members of the local community who have difficulty in getting out. The Orchard Club is supported by a wealth of volunteers who help support a flourishing café, exercise classes, art and film club, bingo, indoor bowls and new age curling. In addition there is a craft club, drop in computer class, hard of hearing drop-in and Friday Friends (a support group for our more vulnerable users).

Contact telephone: 01428 658190 if you would like to visit The Orchard club or volunteer or

Email: Victoria@orchardclub.org.uk

AGE UK (PETERSFIELD AND DISTRICT)

Age UK can provide information and advice on services available to older people and hold all Age UK fact sheets and brochures.

Operating times: Friday 10.00am-1.00pm at Winton House Centre

Contact telephone: 01730 266046

Address: Winton House Centre, 18 High Street, Petersfield, GU32 3JL

BIRTHDAY CARDS

Age Concern Petersfield sends cards to those of 80 years and over whose birthday and address are passed onto them:

Contact telephone: Age Concern, 01730 266046

ALTON ALL SAINTS HARD OF HEARING GROUP

The group aims to provide a sensitive, caring atmosphere in which the hard of hearing will feel at home and not be concerned with their communication difficulties. Hearing friends can play a large part in this and are invited to join us. There are regular talks, competitions and visits supported by Deafplus and affiliated to Hearing Link who inform the club of current developments to assist hard of hearing. Drop-in NHS hearing aid repairs and re-tubing, cleaning and batteries to coincide with club meetings, craft sessions and lip reading afternoons.

Operating times: Every Tuesday, 2.00pm-4.00pm various activities including monthly speaker, craft afternoons, lip reading tutor and Drop-in & Chat

Venue: All Saints Church Hall, Queens Road, Alton.

Contact telephone: Mrs K Dando 01420 83514

Address: 18, Bolle Road, Alton, GU34 1PN

Email: kate.dando@o2.co.uk

ALTON HEART SUPPORT CLUB

We provide support beyond the scope of the usual rehabilitation programmes provided so ably by organisations like the Basingstoke and Alton Cardiac Rehabilitation Charity. We organise regular walks, when it is easy for members to share experiences with other heart patients, whilst gaining exercise. We are affiliated to and support events that are organised by the Basingstoke and Alton Cardiac Rehabilitation Charity, including street collections and sponsored walks and provide volunteers as required. Other events include trips to the theatre, stately homes and shopping trips, etc.

Contact telephone: Tony Fendell, Chairman, 01256 466276

Email: tony@scenario.demon.co.uk

Address: 2 Inkpen Gardens, Lychpit, Basingstoke RG24 8YQ

ALZHEIMER'S SOCIETY

The Petersfield Alzheimer's Society Friendship Club is an informal group offering social contact, peer support, activities for people living with dementia and support and information for informal carers. It's free so just come along to meet other people in similar situations. Refreshments are available.

Operating times: First Friday of every month, 11.00-12.30 at United Reformed Church Hall, College Street, Petersfield

Contact telephone: Julie Osborne, 07889 605216

Email: julie.osborne@alzheimers.org.uk

DEMENTIA ADVICE SERVICE – BORDON, HAVANT & PETERSFIELD

Alzheimer's Society is pleased to offer this service to those affected by Dementia. If you have just been told you have dementia you may feel frightened and unsure about what the future holds. We will work with you to make sure you have all the information you need to help you to continue living the life you want for as long as possible. Relatives, carers or friends may also be feeling anxious about your diagnosis and concerned for the future. Our service can help them too by providing support and information to equip you all for the journey ahead.

Telephone: 023 9289 2034

Email: HampshireDAservice@alzheimers.org.uk

Talking Point: An online community for people with dementia, their carers and their families is hosted by Alzheimer's Society.

Website: www.alzheimers.org.uk/talkingpoint/site/index.php

DEMENTIA MUSIC GROUP

This is a new music group for people living with dementia run by Pam Robson's Music Group. Come along and join us for a fun afternoon of music and singing with your carer.

Venue: United Reformed Church, College Street, Petersfield GU31 4AG

Operating times: Thursday 9 June, Thursday 14 July and Thursday 11 August. Tea and coffee served from 2.30pm with music from 3.00pm and finishing at 4.00pm

Contact: Clive Robson on 01730 892996 or Audrey Morton on 023 9259 1487 for more details.

NATIONAL DEMENTIA HELPLINE

If you have concerns about Alzheimer's disease or about any other form of dementia, the Alzheimer's Society National Dementia Helpline can provide information, support, guidance and signposting to other appropriate organisations.

Contact telephone: 0300 222 1122. The helpline is open from 9.00am-5.00pm Monday-Friday and Saturday and Sunday 10.00am-4.00pm. The service may be closed occasionally during these times for operational reasons or because of staff shortage. Callers speak to trained Helpline Advisers.

ARTHRITIS CARE (ALTON & DISTRICT BRANCH)

This is a self-help group for people with arthritis, their families and their carers.

Operating times: Last Wednesday of the month from 2.30-4.30pm

Contact telephone: 0330 2020 358

BASINGSTOKE AND ALTON CARDIAC REHABILITATION CHARITY LTD

We help heart patients to recover from and cope with heart disease, and to prevent the occurrence of heart disease in those who are at risk of developing it. Exercise classes, diet and lifestyle information available.

Operating times: Monday-Thursday 8.00am-8.00pm, Friday 8.00am-5.30pm & Saturday 8.30am-11.30am.

Facilities for hire: Meeting room (10), Function room (80).

Contact telephone: Tony Causton 01420 544794

Address: Cardiac Rehab Centre, Chawton Park Road, Alton, GU34 1RQ.

Email: heart@cardiac-rehab.co.uk

Website: www.cardiac-rehab.co.uk

BORDON FOOD BANK

Bordon Food Bank supports people in Whitehill and Bordon, Headley, Lindford and surrounding areas. It offers temporary help with food packs for anyone in need. Donations can be left at Tesco.

Location: St Mark's Shared Church Pinehill Road Bordon (behind the Forest Centre)

Opening times: Wednesday and Saturday mornings 10:00 - 11:45

Contact: Susan on 01420 473907 for details

BRITISH TELECOM FREE DIRECTORY ENQUIRIES

If you're not able to read or hold a telephone directory due to illness or disability, you can apply for free 195 Directory Enquiries. Where applicable, onward connected calls will be included in BT's call packages. Mobile and other providers' charges may vary.

Contact telephone: Call **0800 587 0195** to request an application form. Your form will need to be countersigned by a professional who knows you i.e. your doctor, nurse or other medical practitioner.

CARERS TOGETHER HAMPSHIRE

Run by carers for carers, providing information and advice to carers on a range of issues including welfare benefits. They will also actively signpost carers to other appropriate services. Carers can contact area support workers direct for advice and support and advocacy can also be provided.

Contact telephone: 01794 519495

Address: 9 Love Lane, Romsey, SO51 8DE

Contact telephone: Sylvia Hutchins 02392 595455, Havant and Petersfield Advocacy and Support

Email: sylvia.hutchins@carerstogether.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: 0845 603 5630 or 023 9257 2660 (local team)

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

CITIZENS ADVICE (EAST HAMPSHIRE – ALTON)

Offers free, confidential advice on a range of issues including welfare benefits, pensions, housing, debt and fuel poverty.

Operating times: Monday to Thursday 9.30am-4.00pm 10.00am-6.00pm.

Contact: 0844 4111306 (landlines) or 0300 3300650 (mobiles)

Address: 7 Cross & Pillory Lane, Alton GU34 1HL

Website: www.easthantscab.org.uk

CITIZENS ADVICE (EAST HAMPSHIRE – LIPHOOK OUTREACH)

Offers free, confidential advice on a range of issues including welfare benefits, pensions, housing, debt and fuel poverty.

Operating times: Tuesday 10.00am-1.00pm at The Haskell Centre, Midhurst Road, Liphook, GU30 7TN

CITIZENS ADVICE (EAST HAMPSHIRE - PETERSFIELD)

Offers free, confidential advice on a range of issues including welfare benefits, pensions, housing, debt and fuel poverty. If a person is housebound we can schedule a visit. Definition of housebound is whether GP would visit at home.

Operating times: Monday & Tuesday 10.00am-4.00pm, Wednesday 10.00am-7.00pm, Thursday & Friday 10.00am-1.00pm.

Contact telephone: 0844 411 1306 (landlines) or 0300 330 0650 (mobile)

Address: The Old Surgery, 18 Heath Road, Petersfield, GU31 4DZ

Website: www.easthantscab.org.uk

CITIZENS ADVICE (EAST HANTS - WHITEHILL AND BORDON)

Offers free, confidential advice on a range of issues including welfare benefits, pensions, housing, debt and fuel poverty.

Location: Forest Community Centre, Bordon, GU35 OBS

Operating times: Monday, Tuesday, Wednesday and Friday 9.30am-2.00pm.

Telephone: 0844 411 1306 (landlines) or 0300 330 0650 (mobile)

Website: www.easthantscab.org.uk

COMPUTERS IN THE COMMUNITY

If you would like customised computer training for your staff and volunteers then Community First HEH can help. We can bring laptops to your venue and our trainers can facilitate a bespoke course for you. If you have a Wi-Fi connection, courses can be designed around use of the internet and emails. Our trainers can deliver basic, intermediate and advanced computer workshops in Word, Publisher, PowerPoint, Excel, Access and Digital Camera and Photo Editing. We also offer generic computer courses. Please contact us to find out more.

Contact: Learning & Development team at Community First HEH on 0300 500 8085.

CRUSE BEREAVEMENT CARE - LIPHOOK

Offers confidential counselling and information

Contact telephone: 01420 561456

DEAF PLUS SOUTH

Information and advice 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.

Operating Times: Monday-Friday 10.00am-4.00pm

Contact telephone and text: Janette Hewitt, Service Manager South, Debbie Jeffries, Benefits Advisor 01252 510051

Address: 67 Albert Road, Farnborough, GU14 6SL

Email: south@deafplus.org

DEPARTMENT FOR WORK AND PENSIONS (DWP)

The Department for Work and Pensions (DWP) provides benefit information and advice via www.gov.uk. There is a section relating to Pensions and Retirement Planning and gives details on State Pension and Pension Credit. You can see if you are eligible for any extra money by using the Pension Credit and benefit calculators. Or alternatively you can telephone the Pension Credit claim line, see details below. When you phone, you need to have the following information to hand: your National Insurance number; information about your savings; investments and income and details of the account into which you would like any Pension Credit payments to be paid. You can also apply for Housing Benefit and Council Tax Benefit at the same time as your application for Pension Credit.

Contact telephone: 0845 60 60 265 general enquiries.

Text phone 0845 6060 285

Opening hours: Monday-Friday 8.00am-8.00pm, Saturday 9.00am-1.00pm

Contact telephone: 0800 99 1234 for pension credit advice and claim.

Text phone: 0800 169 0133

Opening hours: Monday-Friday 8.00am-8.00pm

FATN TALKING NEWS (formerly Farnham & Alton Talking News)

This completely free service provides USB memory sticks of weekly local news to the visually impaired in Alton and Bordon areas together with a monthly magazine. A player for the sticks is also supplied.

Operating times: Monday - Fridays 10.00am - 12.00am, 24-hour answerphone

Contact telephone: 01252 719266

Website: www.fatntalkingnews.org.uk

FURNITURE HELPLINE - LIPHOOK

The organisation provides good quality furniture, furnishings, household goods, cookers, refrigerators, washing machines and dryers, at a very low cost. We also offer a low cost house clearance service.

Operating times: Monday–Friday 9.00am-4.00pm (viewings up until 3.00pm)

Contact telephone: 01420 489000

Address: Hampshire House, Hampshire Road, Bordon GU35 0HJ

Email: info@furniturehelpline.org.uk

Website: www.thefurniturehelpline.org.uk

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

HAMPSHIRE CRISIS INFORMATION & ADVICE

If you are struggling to cope and would like to talk to someone, we can work with you to help with any problems you may be experiencing or any concerns you may have. We can -

- help to support you to get to the bottom of your problem
- develop a plan of action to overcome your problem where necessary
- refer or signpost you to a named expert to deal with your situation or concerns
- help you find help, nationally, county wide or locally tailored to your needs
- act as an advocate on your behalf with other agencies

Hampshire Crisis Information and Advice will not:

- make decisions about whether or not you require goods or services
- be able to give you cash, goods or services
- be able to guarantee that support is available for your specific situation but will do their best to see your particular crisis is resolved or assessed wherever possible

Contact: Hampshire Crisis Information and Advice on 0845 372 5859

HASLEMERE HARD OF HEARING SUPPORT GROUP – LIPHOOK

Trained volunteers are available with free advice to those with a hearing difficulty. There is also practical help with hearing aids, battery changing, renewal of tubing, cleaning, advice for new hearing aid users and contact details for other useful organisations.

Operating times: Drop-in Thursdays 9.30am–11.30am, Haslewey Community Centre, Haslemere. Home visits also available.

Contact telephone: 01428 658190 for more information.

HEAR TO LISTEN – ROWLAND’S CASTLE

This is friendly and confidential listening service run by a team of volunteers from St John’s Church to help anyone in the local community who might be feeling lonely or troubled. This might include meeting with you for a chat and/or visiting you at home. If you are concerned about someone locally who might like one of our team to contact them, please first obtain their permission and then let us know using the confidential voicemail or email services listed below.

Confidential voicemail helpline: 0845 226 9437. When phoning please leave your name and telephone number and we will ring back as soon as possible.

Email: heretolisten@saintjohnschurch.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: Call our office on 01420 543214 or **Email:** mike.colvin@homeinstead.co.uk

Website: www.homeinstead.co.uk/easthampshireandmidhurst

HOSPICE SERVICES AT HOME TLC Ltd

TLC provides befriending, support and complementary therapies to adults with life-limiting conditions, their families and carers in their own homes.

Contact: 01420 477231

Address: Hospice Services at Home TLC Ltd., 26 Forest Shopping Centre, Pinehill Road, Bordon, Hampshire, GU35 0TN

INDEPENDENT AGE

This national charity offers financial and practical assistance to older people in need, focusing on help for those over 70 in financial need, lonely or isolated and who have made a sustained and significant contribution to society particularly through voluntary work. Self-referrals are accepted or via other agencies.

Operating times: Monday-Thursday 9.00am-5.00pm

Contact telephone: Jane O’Kelly, 0800 3196789 **Address:** PO Box 1896, Andover, SP10 9BR

Email: jane.okelly@independentage.org.uk **Website:** www.independentage.org.uk

IN TOUCH (ALTON)

East Hampshire floating support-tenancy related support to people in their homes living in East Hampshire. All client groups are supported.

Operating times: Monday–Friday 9.00am–5.00pm. Supported Housing has an out of hours phone number (given to individual tenants only).

Contact: Chris Dowden-Smith, Unit 4, Prospect Place, Mill Lane, Alton, GU34 2XS.

Telephone: 01420 590387 **Email:** chris.dowden.smith@intouchsupport.co.uk

INTRODUCTORY COMPUTER COURSES

Age Concern offers introductory courses to people over 50 years of age. Classes, which include an introduction to the Internet, are held at Winton House Centre on Thursday mornings and each session lasts 40 minutes. Cost of a 6 week course is £25. Application forms from Winton House.

Contact telephone: Valerie Lambert 01730 266046

LEGAL ADVICE CLINIC – EAST HAMPSHIRE

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

MACULAR SUPPORT – TELEPHONE BEFRIENDING

If you need someone to talk to, our telephone befrienders can offer a friendly listening ear and informal, one-to-one support. Our volunteer befrienders make regular calls and enjoy talking about lots of different things. You choose what you want to talk about – it could be your favourite hobbies or TV programmes, the weather or about macular disease.

For more information call the **Helpline** on **0300 3030 111**

Email: help@macularsociety.org

Facebook: www.facebook.com/macularsociety **Website:** www.macularsociety.org

Address: Macular Society, PO Box 1870, Andover SP10 9AD **Telephone:** 01264 350 551

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. It can provide details of local information and services by phone. If a little more help is required, Opal volunteers in your area can visit you at home.

Contact telephone: 0800 328 7154

OPEN SIGHT

Open Sight is Hampshire's principle organisation working with people with sight loss. Independent living advisors can offer unbiased information, advice and guidance over the telephone, a home visit or appointment at their office. In addition to assistive equipment to aid reading, writing, watching television, information technology, experienced advisors can provide practical advice to help with various everyday situations including talking clocks, watches and kitchen apparatus, large button phones and adapted games. They can also help with applying for benefits and entitlements and may be able to award a grant to help with equipment purchases, subject to criteria.

Contact telephone: 023 8064 1244 for more information **Address:** 25 Church Road, Bishopstoke, Eastleigh SO50 6BL **Email:** info@opensight.org.uk **Website:** www.opensight.org.uk

PETERSFIELD STROKE GROUP

This group is available to all people affected by stroke in the Petersfield and South East Hampshire area. It provides social and recreational activities as well as communication support for people affected by aphasia and other communication problems caused by stroke.

Operating times: Every Wednesday 2.00 – 4.00pm **Venue:** Petersfield Community Centre, Love Lane, Petersfield GU31 4BW

Contact: Maureen Gilbert on 01730 267998

STROKE FILM GROUP

Borrow the same film and come together once a month to discuss. There are two groups in South East Hampshire, Fridays in Havant and Tuesdays in Petersfield, supported by Hampshire Library Service.

Contact: Mandy Souter on 01730 233998 for more information on request or

Email: mandy.souter@stroke.org.uk

STROKE GARDENING GROUP

We have created a garden by stroke survivors for stroke survivors and the local community which requires maintenance at Petersfield Community Centre.

Contact: Mandy Souther on 01730 233998 for more information or

Email: mandy.souter@stroke.org.uk

STROKE CONVERSATION GROUPS IN LISS, PETERSFIELD, DENMEAD, HAVANT AND WATERLOOVILLE

These are peer-led conversation groups to help maintain communication skills in a supportive environment.

Contact: Mandy Souter on 01730 233998 for more information on request or

Email: mandy.souter@stroke.org.uk

STROKE COMMUNICATION SUPPORT SERVICE

This is a needs-led service for stroke survivors and their families in South Hampshire. Support can be offered in a variety of ways including, 8 week communication workshops, 1:1 support at home or in the community, carer support, training for care staff in residential homes, referrals to support agencies and signposting to other organisations.

Contact: Mandy Souter on 01730 233998

Email: mandy.souter@stroke.org.uk

APHASIA CARER'S GROUP

Do you care for a partner, relative or friend who has had a stroke and has Aphasia? Would you like to meet with others to share experiences and ideas? We are a friendly group who meet monthly to support each other. If you would like to join us, contact Mandy Souter on [01730 233998](tel:01730233998) email mandy.souter@stroke.org.uk

We meet on the second Wednesday of the month from 2 – 4pm at Petersfield Community Centre on the following dates in 2016; 13th January 10th February 9th March 13th April 11th May 8th June 13th July 10th August 14th September 12th October 9th November 14th December

KNOW YOUR IPAD WORKSHOP

Five week iPad workshops at Waterlooville library for stroke survivors with aphasia and their carers. Facilitated by Hampshire libraries and supported by Stroke Association volunteers. These workshops are available four times a year at a cost of £20.00 per course.

Contact telephone: Mandy Souter on 01730 233998 for more information

Email: mandy.souter@stroke.org.uk

SENSORY LOSS

The Adult Services Sensory Team provides support and services for people aged 18 and over who have hearing loss, sight loss and dual sensory loss or are BSL users.

Contact telephone: 0845 603 5630 to request an assessment

Out of hours: 0845 600 4555 **Minicom:** 0845 603 5625

Fax: 0845 603 5629 **Email:** adult.services@hants.gov.uk

Calls to 0845 numbers are free on some BT call plans but will cost between 4p (local rate) and 6p (national rate) per minute for BT customers not on a plan. Calls made using other service providers or mobiles may cost more. Alternatively, call 01329 335398 – standard and local call rates apply to this number.

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

SOLICITORS FOR THE ELDERLY

Solicitors for the Elderly is an independent, national organization of lawyers, solicitors, barristers and legal executives who are 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 during office hours if you need help finding a lawyer

Website: www.solicitorsfortheelderly.com

SSAFA – THE SOLDIERS, SAILORS, AIRMEN AND FAMILIES ASSOCIATION

This national charity provides lifelong support for our Forces and their families. Trained volunteers provide experienced, non-judgemental and friendly advice and help in times of hardship and need, sourcing funds from military and benevolent funds, to improve the quality of life for those that have served in our Armed Forces.

Who we help: any serving or Ex-Service personnel, including the Reserve Forces and anyone who did National Service, their widows, widowers and certain dependant family members.

Contact telephone: 023 8070 4978

Website: www.ssafa.org.uk **Email:** secretary@hampshiresaafa.org.uk

TRADING STANDARDS SERVICE

The Trading Standards 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 **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 for full details. 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 or **Visit** www.buywithconfidence.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 Trading Standards enquiries, please call the Citizens Advice Consumer Helpline on 0345 4 04 05 06

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

WINTON HOUSE CENTRE

The Winton House Centre runs a Pop-In cafe providing affordable refreshments and a friendly, welcoming place to relax and socialise. The cafe has disabled access and disabled facilities and is open to all. The information desk has a range of information about local resources and services particularly for older people. It takes bookings for transport to GP and hospital appointments, or shopping trips (payment by donation only). An Age UK representative is available to talk to on Friday mornings. Many activities take place including creative writing and language classes. It's also the starting point for the popular Walking to Health group. Call in to find out more about what activities take place. Winton House Centre is a registered charity and run by volunteers.

Contact telephone: Sheridan Rocher, Centre Manager, 01730 266046

Address: 18 High Street, Petersfield, GU32 3JL **Website:** www.wintonhousecentre.org.uk

WINTON HOUSE CENTRE MEMORY CAFE

The Memory Cafe is a warm and friendly support group for people with dementia, their carers and family members. Activities and refreshments are provided in a cafe setting and vary each month. Trained volunteers are on hand to ensure that both parties feel looked after and can relax and have an enjoyable and sociable few hours. Please contact Sheridan, the Centre Manager, if you would like to know more, or just turn up.

Operating times: the 3rd Wednesday of the month, 3.00-5.00pm in Winton House

Telephone: Sheridan on 01730 266046

WINTER WARMTH ADVICE LINE

If you are concerned about your own health or that of others during a cold period contact the Winter Warmth Advice Line operated by the Department of Health.

Contact: telephone: 0800 085 7000

Website: www.dh.gov.uk/

CARERS

EMERGENCY PLANNING FOR CARERS

This is provided by the Princess Royal Trust for Carers offering support to carers to enable them to develop an agreed plan of action in case of emergency. Plans are developed with support from the Trust through an individual visit and a document provided outlining the agreed plan. In the event of an emergency a 24 hour phone line is available if further support is required. Under this project, support in an emergency is available free of charge for up to 48 hours and no Adult Services Assessment is needed.

Contact telephone: 0845 604 1577 (operating hours 9.00am-5.00pm)

CAPE (Clear Action Planning for Everyone)

Operated by Carers Together CAPE provides support to older people, carers, people with a long or short term health condition and people with a disability to formulate a plan so they are prepared for any emergencies or change in circumstances. Individuals can attend a CAPE session, held periodically around the County, receive a planning pack or arrange for an expert from Carers Together to help them develop their individual plan. The latter incurs a small charge to cover time and expenses.

Contact telephone: Carers Together, 01794 519495

CALL (Caring Active Listening Line)

Operated by Carers Together, CALL provides a listening ear as well as information and signposting services to carers and older people. The free phone number is available from 9.00am-11.00pm, 365 days a year.

Contact telephone: 0800 032 3456

CARERS TOGETHER – BORDON

Contact telephone: Sylvia Hutchins, 02392 595455

Email: sylvia@carerstogether.org.uk

CARERS TOGETHER S.E. HANTS

Provide information, help support or signposting for Carers of relatives, friends or neighbours of any age, illness or disability. These include carers cafés, carers group, and a carers forum. These activities are held at a variety of locations.

Operating times: Monday-Friday 9.00am – 5.00pm or answer phone.

Contact telephone: Sylvia Hutchins, 02392 595455

Address: Merchistoun Hall, 106 Portsmouth Road, Horndean, PO8 9LJ

Email: sylvia.hutchins@carerstogether.org.uk

Website: www.carerstogether.org.uk

CLICK

This provides online support for carers who may be physically or socially isolated. It is operated by Carers Together using email or MSN message service.

Contact telephone: 01794 519495

Website: www.carerstogether.org.uk/click.php

HOME, GARDEN AND PET CARE

THE BLUE LAMP TRUST BOBBY SCHEME

This 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 behavior 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 uniformed 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

CINNAMON TRUST

This national charity provides support to older people and their pets. Services include practical help with any aspect of day to day pet care i.e. dog walking for housebound older people, short term fostering of pets during hospital stays, long term care for pets if older person goes into residential care or dies. The service is provided by a network of volunteers and is free.

Contact telephone: 01736 757900

Website: www.cinnamon.org.uk

COMMUNITY SUPPORT LAUNDRY OF LIPHOOK

This laundry is for the elderly, infirm and short-term incapacitated living in and around Liphook.

Cost: We offer a personalised service for a cost of £6 for up to a 9lb bag of laundry including washing, drying and ironing. Arrangements can be made for collection and delivery if required.

Opening times: Tuesday - Friday 7.00am-11.00am.

Contact: Irene Ellis 01428 723823

Address: Peak Centre, Midhurst Road, Liphook GU30 7TN

GARDENING CLUB (CLANFIELD)

The club offers events and a meeting place for local residents with an interest in gardening. The club also has speakers, visits, an annual show, plant sales and equipment loan.

Operating times: Meets 2nd Tuesday 7.30-9.30pm.

Contact telephone: Margret Austin 02392 649042

HAMPSHIRE COUNTY COUNCIL ADULT SERVICES

If someone is admitted to hospital **in an emergency** and there is no one else who can care for the pet, the County Council has a duty to fund board and lodging for the pet pending the outcome of the hospital stay. If someone is admitted to residential care due to a complete breakdown at home and no one else can take the pets, the County Council has a duty to fund board and lodging for the pet pending an assessment. In all circumstances above, the County Council would seek alternative accommodation for the pet once the outcome of the emergency had been resolved.

Contact telephone: 0300 555 1386

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 for the Community Safety team

Email: community.firesafety@hantsfire.gov.uk

HEMOCLEAN

This is offered through Age Concern Petersfield and provides help with essential housework for older people. Generally 1-2 hours a week at a cost of £9.00 per hour. Cleaners are interviewed, references are taken up and cleaners are matched with clients. The service is available to older people in Petersfield and surrounding villages and a waiting list operates. Self referral is accepted of via other agencies.

Contact telephone: Lorna Mitchell, 02392 594153

HAMPSHIRE OVER 60s GARDENING SUPPORT SERVICE

This gardening support service is operated by the Shaw Trust and offers gardening support to anyone aged 60 or over. The maximum number of visits a year is 6, visits last 1 or 2 hours but all first visits will be for 1 hour. If you request 2 hours for subsequent visits the gardening team will assess your garden to ascertain if this is required and more time will be allocated to your next visit. Works includes grass cutting, weeding, planting, border maintenance and pruning of shrubs.

Cost: The charge will be £20.83 + VAT per hour, total cost £25.00 per hour (maximum of 2 hours per visit). Charges payable by cash or cheque payable to Shaw Trust Horticulture at time of visit.

Contact telephone: Service co-ordinator 0845 604 44643 or 02392 750 940

LOCAL TREASURES

Local Treasures provides help in people's homes doing jobs that older people need a hand with, such as gardening, cooking, cleaning, DIY, painting, dog walking etc. The treasures are all over 50, so are experienced and skilled in their work. They can also provide that extra time, care and attention that older people need.

Contact telephone: Sarah Heyworth on 07740 945929

Email: sarahh@local-treasures.co.uk **Website:** www.local-treasures.co.uk

HEALTH & PERSONAL SUPPORT

ALTON COUNSELLING SERVICE

One to one counselling for adults – no specific area of need – including emotional and relationship problems, bereavement, depression, anxiety and other issues related to mental health and well-being.

Operating times: By appointment, Monday-Friday 9.00am-8.00pm.

Contact telephone: Nickie Foskett, 01420 89207

Address: Friends Meeting House, Church Street, Alton, GU34 2DA

Email: admin@altoncounselling.org.uk

Website: www.altoncounselling.org.uk

BRITISH RED CROSS

The British Red Cross can provide, on short term loan, equipment to improve the mobility of people with an illness or disability, including wheelchairs.

Alton: Alton Health Centre, Anstey Road, Alton GU34 2QX

Operating times: Wednesday and Friday 10.00am-12.00pm

Contact: 01420 848640

Waterlooville: Health Centre, Dryden Close, Milton Rd, Waterlooville, PO7 6AL

Operating Times: Monday-Friday 10.00am-12.00pm & Monday – Thursday 2.00pm-4.00pm

BRITISH RED CROSS BALFOUR PROJECT

The aim of this project is to enable those in the rural community, unable to access established mobility aids depots, to maintain their independence at home. In addition to providing mobility aids equipment, our driver technician is qualified to fit and prescribe equipment in the client's home. As well as practical support, he is able to assess whether they could benefit from other independent living support services. There is no charge for this service where service users meet eligibility criteria.

Contact telephone: Al Atkins on 07714 272637

Email: aatkins@redcross.org.uk

Fax: 023 8064 4092

COMMUNITY DENTAL CLINICS (RUN BY SOLENT NHS)

Oral health care and dental treatment for children and adults with an impairment, disability and/or complex medical condition which includes severe physical problems; severe physical disabilities and frail/elderly or housebound (home visits are available in certain circumstances). To access the service a referral form has to be completed. This can be done by a health professional (doctor, nurse or dentist), carer or family member on someone's behalf or by the person him/herself. The form is downloadable from the web site or by contacting one of the centres listed below.

Location: Petersfield Dental Clinic, Petersfield Community Hospital, Swan Street, Petersfield, GU32 3LB

Operating times: Monday-Friday 8.30-12.30pm, 1.30-5.00pm; closed on Bank Holidays

Contact telephone: 01730 263954

Website: <http://www.solent.nhs.uk> - type "dental clinics" (without the quotation marks) into the search box and click on the first link: Dental Service Special Care | Solent NHS Trust. Better health, local ... which will take you to the Home Page or use this link: <http://www.solent.nhs.uk/page-service.asp?fldArea=27&fldMenu=0&fldSubMenu=0&fldKey=561>

FOOT CLINIC

Contact telephone: 01329 842481 for details of nearest clinic or if no reply, freephone 0800 328 7154

RADIAN AT HOME

For over 30 years we have offered a range of support services to help the people of East Hants 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.

Contact telephone: 01730 403205 for further details

Website: www.radiansupport.org.uk/athome

Address: Drum House, The Spain, Petersfield, Hants, GU32 3NG

LUNCH CLUBS AND MEALS ON WHEELS

AGE CONCERN LUNCH CLUB

The club meets twice a week on Tuesdays and Thursdays throughout the year with breaks at Easter, August and Christmas. The lunch club serves freshly cooked meals at the Petersfield Community Centre from 12-2pm at a cost of £3.50. Transport is provided to and from the lunch club in and around the Petersfield area at an additional cost of £1.50.

Contact telephone: Janice Cotton, 01730 231085

FOUR MARKS LUNCH CLUB

Wednesday fortnightly lunch club from 12.30pm. Transport can be arranged.

Contact: Audrey McMillan, 01420 564437

Email: audreymcmillan@btconnect.com

KINGSLEY CENTRE COMMUNITY LUNCH

A great way to meet people, make friends and enjoy a delicious meal in good company. Activities include singing, Tai Chi, bingo and quizzes. Come to the whole event or just for lunch. Home cooked two-course lunch served at 12.30pm.

Operating times: every other Wednesday from 11.00am-2.30pm

Cost: £4.50 per person

Contact: Lynne on 01420 479000

Email: lynne@kingsleyorganisation.org.uk or visit www.kingsleyorganisation.org.uk

LISS RVS LUNCHEON CLUB

The club provides freshly cooked meals and good company for older people in Liss.

Operating times: Every Thursday from 12.00pm-2.00pm.

Cost: Lunch £3.00 for 2 course meal including tea/coffee.

Venue: Liss Village Hall, Hill Brow Road, Liss, GU33 7LA

Contact telephone: Lucy Panton 07979 967662

MEALS ON WHEELS

Anyone living in the Hampshire County Council area, over the age of 55+ struggling to cook and/or shop for themselves can choose to receive Meals on Wheels, provided by Apetito. An afternoon tea service is also available to meals on wheels customers. It is easy to place an order for a meal – for anything from 1 day a week to 7 days a week and for any period of time. The lunchtime meals are subsidised by Hampshire County Council and cost £3.95 per day. Afternoon tea costs £3.25.

Operating times: Available 365 days of the year

Time: Meals delivered in an agreed slot between 11.30-1.45pm each day

Contact telephone: 01962 779 338 (out of hours answer machine)

Email: hampshire.office@apetito.co.uk

Website: www.hants.gov.uk/meals-on-wheels for more information and to make an online referral to either or both services

ROWLAND'S CASTLE RVS LUNCH CLUB

This lunch club, for those retired from full time employment, provides freshly cooked meals using local food and vegetables. It's also a focal point to get together and socialise. Transport can be arranged, cost £1.00

Operating times: Every Thursday at 12.30pm.

Cost: Lunch £3.00, tea 20p and coffee 30p

Venue: Rowland's Castle Parish Hall

Contact telephone: Mary Williams 02392 412763 or Vi Anthony 02392 412524

VOKES LUNCH CLUB

The club provides freshly cooked, two course lunches, tea/coffee and the opportunity to meet up with the other members over 60 in the Alton area.

Operating times: Monday-Friday 10.00am-1.00pm

Cost: Annual membership £1.00, lunch £3.50 per day, transport 75p each way.

Contact: Mrs Bridget Lance, Administrator 01420 84235

WEDNESDAYS AT WHITEHILL

Everyone welcome. Meet friends, enjoy activities and stay for a light lunch. Community Transport Available - £1.00 each way

Venue: Activity Room, Whitehill Village Hall

Operating times: Wednesday 10.30-12.30

Contact: 01420 362123

Email: valbywater@outlook.com

WHITEHILL RVS LUNCHEON CLUB

Our RVS luncheon club meets every Thursday in the Whitehill Village Hall

Contact telephone: Carol Dann on 01420 477861

SITTING SERVICES & TELECARE

HOSPICE SERVICES AT HOME TLC LTD

Our volunteer Support Partners (*SUPARs*) provide a sitting service for adults with a life-limiting condition (including the frail elderly) and their carers. The service is free and can provide respite for the carer as well as companionship for the individual with the condition. Days/times to meet users' needs: volunteers are generally available for up to 3 hours a week. There is NO CHARGE for the service.

Contact: Janet Allen, Volunteer Service Manager – 01420 477231

Email: volunteer@hospiceservices.org.uk

RADIAN LIFELINK

Radian Lifelink personal alarm system can provide you with security, independence, and your family with peace of mind. You simply wear the personal alarm and we can offer you a range of unobtrusive sensors, buttons and triggers that will improve your quality of life and allow you to continue to live securely.

- Medication Prompts
- Fall and Movement detector
- Heat and carbon monoxide sensors
- Flood detector
- Bogus Caller button

Contact telephone: Call 01730 236900 and find out how we can help you. Our fully trained staff will be happy to make a free, no obligation home visit to tell you more about the equipment available to enable you to continue to live independently and safely

Email: lifelink@radian.co.uk

SOCIAL & LEISURE ACTIVITIES

AGE CONCERN HAMPSHIRE, THE LIMES DAY CARE CENTRE – ALTON

Age Concern Hampshire provides day care for older people at day centres throughout Hampshire, supporting older people limited by physical or mental frailty and assessed by Adult Services as needing day care and who meet their criteria. The need for carer respite is also recognised. Contact us or social services.

Operating Times: Monday to Friday, 9.30am–3.30pm

Contact telephone: 01420 84257

Address: Alton Community Hospital, Chawton Park Road, Alton GU34 1RJ

Email: aldandcc@ageconcernhampshire.org.uk

Website: www3.hants.gov.uk/ageconcer/ageconcern-daycare1/ageconcern-alton.htm

AGE CONCERN HAMPSHIRE, BORDON DAY CARE CENTRE

We support older people who are limited by physical or mental frailty, who are assessed by Adult Services as needing day care and who meet their criteria. The need for carer respite is also recognised. Contact us or social services.

Operating Times: Monday, Wednesday and Friday, 10.00am–3.00pm

Contact telephone: 01420 474294 **Email:** bordondcc@o2.co.uk

Address: Chase Hospital, Conde Way, Bordon GU35 0YZ

ALTON BOWLING CLUB

The club fosters and promotes the sport of Flat Green Bowls at all levels, providing opportunities for recreation and competition. Lawn Bowling Club – new members, including juniors over 8 years old and visitors are welcome. Qualified club coaches are available to help.

Cost: Full members £70; new (1st year) £35; associate £20; social £5; junior £10

Operating times: Mostly summer season weather i.e. end of April to the beginning of September.

Address: Alton Bowling Club, Public Gardens, Alton GU34 2JK

Contact: David Bartlett, 01420 85297

ALTON COMMUNITY CLUB

This is a day centre for older people offering games, quizzes, trips and activities. We try and have fun with our members to stimulate them both mentally and physically. Monday also available to adults with learning disabilities or early dementia.

Minimum age: 60

Operating times: Monday & Tuesday 10.00am-3.00pm

Cost: £19 per day including food & transport for outings & days out.

Contact: Alex Polley Day Centre Coordinator 01420 85057

Address: Alton Community Centre, Amery Street, Alton GU34 1HN

ALTON BRIDGE CLUB

The club plays duplicate bridge. Mondays for beginners and improvers and Tuesdays for recognised players.

Operating times: Monday & Tuesdays @ 7.15pm.

Contact telephone: Ron Turner on 01420 543187

Website: www.altonbridgeclub.co.uk

BORDON BRIDGE CLUB

Duplicate bridge played.

Operating times: Wednesdays 1915-2215

Address: Main Hall, Whitehill Village Hall

Contact: Janet Wright 07979 628502

BRENDONCARE HORNDEAN RAINBOW CLUB

This is a social club for older people offering a variety of activities, guest speakers, entertainers and games.

Operating times: 2nd and 4th Tuesday of each month, 2.00-4.00pm

Venue: Jubilee Hall, Crouch Lane, Horndean PO8 9SU

Cost: £4 per meeting

Contact: Mrs S Gamblin, 02392 592596

BRENDONCARE PETERSFIELD WELCOME CLUB

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

Operating times: 2nd and 4th Wednesday of each month, 1.45-3.45pm

Address: Petersfield Guide Association HQ, Alderfield, Borough Road, Petersfield GU32 3LH

Cost: £4 per meeting

Contact: Sylvia Gamblin, 02392 592596 or Brendoncare Club Hampshire on 01962 857099

BRIDGE CLUB – LIPHOOK

A small club playing Duplicate Bridge with limited seating availability.

Costs: Membership £15, annual subscription £10. Table money £1 for members or £2 for visitors.

Operating times: Fridays at 7.15pm

Contact telephone: Mrs Margaret Paterson, Secretary 01428 723177

Address: Mrs Margaret Paterson, Peak Centre, Midhurst Road, Liphook GU30 7TN

CATHERINGTON CLUB FOR THE RETIRED

The club provides an opportunity for local retired people to meet each other, to have a reason to get out of the house and to provide a mix of useful information and entertainment.

Operating times: 1st Thursday of the month February to November, 1st or 2nd Thursday of December from 2.00pm-4.00pm. There is no meeting in January.

Contact: Richard Walker, Chairman, 11 Pine Tree Gardens, Waterlooville, PO8 8AE

Address: Catherington Village Hall, Catherington Lane, Waterlooville, PO8 0TD

55 CLUB – HORNDEAN

This is a club for the older person. Morning activities include keep fit, raffles and other activities and in the afternoon, crafts, board games and darts. Occasionally the 55 Club programme refers to Guest Speakers, social outings and trips.

Operating times: Every Monday from 9.00am–3.00pm in the main hall, bar and room 5 of the Merchistoun Hall. Please note, accessible by stairs only.

Cost: Morning only £2.30, afternoons only £2.30, all day with morning keep fit £4.60

Contact telephone: Merchistoun Hall, 02392 597114

LIPHOOK BOWLING CLUB

We're a friendly, lively club whose members are always glad to welcome newcomers. We bowl outside from April-September and play short-mat bowls in the winter months. Social evenings and quiz nights are regular events and we welcome new ideas and assistance. So, whether you are already an established bowler or are someone who would like to come along to find out if you might enjoy the game we would be glad to hear from you.

Contact: Lesley on 01428 480827 for more details or to arrange a free coaching session

Email: Lesley.meredith@gmail.com

LIPHOOK BOWLING CLUB (WOMEN'S SECTION)

This club is affiliated to the Hampshire County Women's Association and Bowls England.

Times: During the outdoor bowling season. During the closed season there is short mat bowls on Tuesday and Thursday afternoons in the club house.

Cost: Annual subscription

Contact: Maureen Penny, Secretary Women's Section, 01428 722013

LIPHOOK DAY CENTRE

The centre offers a warm and friendly place to visit, 3 days a week, where clients can enjoy the companionship of others. On arrival clients receive a tea or coffee and biscuits and enjoy a delicious meal cooked fresh on the premises. Activities included quizzes, craft, cards, musical movement, light entertainment and outings. Tea and cakes are served in the afternoon with cakes available to purchase at a reasonable price.

Cost: £10 which includes entertainment, food and transport

Operating times: Tuesday, Wednesday and Thursday from 10.00am-3.30pm

Contact telephone: Penny Leigh or Karen Hanney, 01428 724941

Address: The Peak Centre, Midhurst Road, Liphook, GU30 7TN

METHODIST WOMEN'S FELLOWSHIP - LIPHOOK

The Fellowship meets at the Liphook Methodist Church on Tuesdays at 2.30pm.

Contact: Mrs S Knight 01428 723502

More information: Reverend David Muskett 01428 642921

OPEN SIGHT CLUB

This is a social club for blind and partially sighted older people meeting on 1st Thursday of each month (except December when Christmas lunch) at Herne Farm Leisure Centre, Petersfield. Transport to and from the club can be arranged for those unable to get to the club on their own. Area covered includes Petersfield and surrounding villages.

Contact telephone: David Gaskell, 01730 893508

OVER 60'S CLUB - LIPHOOK

The Over 60's Club enables older people to continue an active and social life. We are a group for people over 60 years of age, providing for the local community and offering interesting speakers and outings.

Operating times: Every other Wednesday 2.30pm-4.00pm

Cost: £2.00 per meeting

Contact telephone: Mrs S J Knight, 01428 723502

PETERSFIELD ACTIVITIES CAFÉ

Open to all older people including those with a disability and their carers, offering a wide range of activities, talks, information and support on relevant topics. The café also provides an **on site sitting service** where carers can leave the older person they care for and have some respite time. The cost is an additional £3, but does not include personal care and must be pre-booked.

Operating times: Meets fourth Tuesday of every month from 1.30pm -3.30pm at the Family Centre, United Reformed Church, College Street, Petersfield.

Costs: The café costs £2 per person with transport to and from the café available at a small cost.

Contact telephone: Sylvia Hutchins, Carers Together 023 9259 5455

Email: sylvia.hutchins@carertogether.org.uk

ROYAL BRITISH LEGION (ALTON & DISTRICT)

The group can provide financial, social and emotional support to serving and ex-serving members of the armed forces and their dependents. This can include care home accommodation; annual Poppy Appeal; grants; war pension claims, assistance in visiting war graves; campaigning on behalf of the service and ex-service community.

Restrictions: Any serving or ex-service member of the UK Armed Forces is entitled to assistance. Anybody aged 14 and over may become a member.

Operating times: Every evening 7.00-11.00pm except Tuesdays. The Membership Secretary accepts new members each Friday between 8.00-9.30pm.

Costs: Services are free of charge. Membership incurs an annual membership fee (currently from £11.50) and gives the right to join a British Legion Club on payment of an additional subscription.

Contact telephone: Karen Watts, Club Secretary 01420 86569

Address: Alton Club, Anstey Park, Anstey Road, Alton GU34 2RL

ROYAL BRITISH LEGION – BORDON & DISTRICT

Contact telephone: 0808 8028080

Website: www.britishlegion.org.uk

SILVER SONG CLUB - LISS

This is a social singing club for all older people and carers.

Operating times: The first Friday of every month at the Triangle Centre in Liss from 2.00-3.30pm

Address: The Triangle Centre, Mill Road, Liss GU33 7DX

Costs: £3.00 per session.

Contact telephone: 01303 298549

SILVER SONG CLUB – ALTON

This is a social singing club for all older people and carers.

Contact: Bernice or Stuart 01303 298546

Address: Orchard House, Orchard Lane, Alton, GU34 1DZ

UNIVERSITY OF THIRD AGE (ALTON)

Alton U3A offers older people a variety of opportunities to use their knowledge, skills and experience and to acquire new ones in an informal atmosphere.

Operating times: Weekdays from 10.00am-4.00pm + evenings 7.00pm-10.00pm

Cost: £31 per annum

Contact telephone: Mr Lionel Ayling, 01420 85057

Website: www.altonu3a.org.uk

UNIVERSITY OF THIRD AGE (U3A-HORNDEAN AND DISTRICT)

Offers opportunities for older people to meet and share educational, creative and leisure activities. We hold monthly meetings with a speaker. Smaller groups run independently from the main committee but report to them including walking, local history, gardening, photography, discussion group, theatre visits; the list can be endless provided there are enough people to form the group and to have somewhere to meet.

Operating times: Meetings at 2.00pm in Merchistoun Hall on the first Friday of the month unless that date is to be a Bank Holiday when the meeting will be held on an earlier or later Friday and members informed. There is no meeting in August. **Contact telephone:** 02392 595406

Address: Merchistoun Hall, Portsmouth Road, Horndean, Waterlooville, PO8 9LJ

UNIVERSITY OF THE THIRD AGE (U3A-LIPHOOK)

The U3A exists for the benefit of retired people who wish to learn and to keep active. Monthly talks are held at the Millennium Hall.

Operating times: First Monday of each month, or second if Bank Holiday, at 2.00pm.

Cost: £1.50 for members, £2.50 for visitors. Annual membership £10 and new members are welcome.

Contact: Shirley Jenkins, membership secretary 01428 723887

Website: www.liphooku3a.org.uk

UNIVERSITY OF THE THIRD AGE (U3A-PETERSFIELD)

U3A offers a wide range of courses and activities. Regular monthly meetings/talks take place at Petersfield Community Centre where many, but not all of the groups also meet.

Contact telephone: Mrs Valerie Connor, membership secretary, 01730 233502

Website: www.petersfieldU3a.org.uk to complete an online membership form.

UNIVERSITY OF THE THIRD AGE (U3A-ROWLANDS CASTLE)

Talks are held on the 3rd Monday of the month in the Parish hall. There are some 20 or so special interest groups which meet regularly at other times.

Contact: Membership Secretary Joan Hooper

Email: u3amembershipsecretary@rowlandscastle.com

UNIVERSITY OF THE THIRD AGE (U3A-WOOLMER FOREST)

Membership of Woolmer Forest University of the Third Age is drawn from Whitehill, Bordon and the surrounding areas. From September to June meetings featuring guest speakers are held in Whitehill Village Hall on the third Monday of the month starting at 2pm. There are also a number of special interest groups. More information is available on the WFU3A website.

Contact telephone: Membership secretary, Beryl Parsons on 01420 475184

Email: woolmerfu3a@gmail.com **Website:** www.u3asites.org.uk/woolmerforest

VOLUNTEER SERVICE - COMMUNITY FIRST

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.cfirist.org.uk for more information on Community First.

VOLUNTEER OPPORTUNITIES

There is a range of opportunities available to all interested in supporting stroke survivors. We have a fantastic team in SE Hants who range in age from 17–70+ with a variety of interests, skills and experiences. The service is reliant on volunteers and as a result they can expect a high level of support and training. All must have enhanced DBS, (arranged by The Stroke Association) and uniform is provided. Expenses incurred as a result of volunteering activities are re-imbursed.

Contact telephone: 01730 233998 **Email:** mandy.souter@stroke.org.uk

WHITEHILL AND BORDON GARDENING CLUB

The club encourages, through regular meetings, lectures, garden visits, shows or other means, the cultivation of vegetables, fruit and flowers and generally the interest of members in all aspects of gardening. The club seeks new members, organises day trips, speakers, and garden visits. There are monthly meetings, other social activities and plant sales.

Operating times: 3rd Wednesday in the month from 7.30-9.30pm approximately.

Contact telephone: Stephen Miles, 01420 478845

Address: Forest Community Centre, Pinehill Road, Bordon, GU35 0BS

WORKERS EDUCATIONAL ASSOCIATION (WEA) – LIPHOOK

The WEA is a 21st century, democratic voluntary adult education movement, committed to widening participation and enabling people to realise their full potential through learning. Part of a nationwide voluntary organization, our tutors are paid professionals who provide community courses (first step back into study), workplace and general courses. Courses run by the branch are normally held during the day at various venues and where possible, meetings are held at premises with disabled access.

Contact telephone: Ronald Michaux, 01730 300407 for information.

Email: Ronald.michaux@ntlworld.com

WORKERS EDUCATIONAL ASSOCIATION (WEA) - PETERSFIELD

The WEA provides a range of courses, most of which involve ten two-hour weekly sessions taking place during the day time in the autumn and spring terms. Courses are held at various venues in Petersfield including the United Reformed Church Hall in College Street, Winton House and Petersfield Community Centre. Subjects vary including music, literature, art history, astronomy, philosophy, local history and geology. We always do our best to offer a warm, friendly and welcoming atmosphere. The WEA is committed to equality of opportunity and inclusive learning.

Contact telephone: 0800 328 1060 if you need help choosing the right course, or feel that you may need financial help or learning support.

For further information about WEA courses on offer in Petersfield, you can:

- pick up a programmed from Petersfield Library or Petersfield Community Centre
- visit the WEA's website www.southern.wea.org.uk
- contact Petersfield Branch Secretary Anne Bevan who will be happy to help.

Contact telephone: 01730 893343

Email: anne.bevan2@btinternet.com

SHOPPING

AGE CONCERN MINIBUS

Provides transport to and from Petersfield.

Operating times: Wednesday mornings in East Meon and Petersfield, Friday mornings in the Petersfield area, and Friday afternoon Petersfield and Buriton.

Cost: £2.50 for a return trip. **Contact telephone:** David Hague, 01730 266362

HOSPICE SERVICES AT HOME TLC LTD

Our volunteer Support Partners (*SUPARs*) provide emotional and practical support for adults with a life-limiting condition (including the frail elderly) and their carers. This can include doing light shopping and/or taking people out to the shops or other venue, as well as collecting prescriptions, walking the dog, etc. Days/times to meet users' needs: volunteers are generally available for up to 3 hours a week. There is NO CHARGE for the service.

Contact: Janet Allen, Volunteer Service Manager – 01420 477231

Email: volunteer@hospiceservices.org.uk

SHOPMOBILITY

The scheme provides short and long term hire of electric scooters, wheelchairs and walkers. It's based in the central car park with parking for blue badge holders. Annual membership is £5.00 plus £4.00 per day for scooters/powering wheelchairs or £3.00 per day for manual wheelchairs or walkers. **Operating Times:** Monday to Friday 10.00am-4.00pm

Contact telephone: 01730 710474

Address: Petersfield Shopmobility, SDADP, Central Car Park, Park Road, Petersfield

Email: sdadp@aol.com

TRANSPORT & MOBILITY

AGE CONCERN OUTINGS

Age Concern runs regular outings to local places of interest for older people. These run from April to November with a Christmas party held in December. Outings fortnightly on a Tuesday, Wednesday and Thursday, cost from £7.

Pick up and drop off in and around Petersfield. Please contact Winton House for information on prices and venues.

Contact telephone: Audrey Cushion 01730 262722

ALTON COMMUNITY CARE

A service providing transport to hospitals, health centres, GP and dental appointments, collecting prescriptions and also sitting-in. It is available for anyone unable normally to use public transport, usually the elderly or frail. We cannot transport passengers unable to get into/out of cars with more than the minimum of assistance unless accompanied by their own helper to provide the necessary assistance. Please advise in advance if the passenger is taking a walking frame (what size/variety) so that a suitable vehicle can be provided.

Area covered: Alton, Selborne, Shalden, Lasham with journeys within this area or to hospitals outside the area; some journeys may need to be excluded at the discretion of the coordinator

Cost: We ask for donations to help cover costs – the coordinator will indicate an amount.

Contact telephone: 01420 541520 – answering machine available outside normal hours. Please allow at least 2-3 days notice if possible. Website: www.altoncare.org.uk

BINSTED, BENTLEY FROYLE & DISTRICT VOLUNTARY CARE GROUP

Provides neighbourly care in the community where there is a genuine need and where assistance is not available. Transport to medical appointments.

Contact telephone: Cathy Smith 01420 520169

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

BORDON & WHITEHILL VOLUNTARY CAR SERVICE

Transport to medical appointments only.

Contact telephone: Duty co-ordinator, 01420 473636

BRAMSHOTT AND LIPHOOK PARISH VOLUNTARY CARE GROUP

Provides transport to the day centre, GP surgery and hospital appointments, shopping, collecting prescriptions, dentist and opticians.

Contact telephone: Gerd Goldsack, 01428 722292

Email: ggoldsack@yahoo.co.uk

CALL AND GO – COMMUNITY TRANSPORT EAST HAMPSHIRE

You need to register to use the service and phone to book your journey. Bookings 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. The 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. It is not a scheduled service. Pick-up times may vary dependent on numbers and the location of passengers booked. Collection times will be advised at the time of booking.

Operating times: Monday to Friday 9.00am-4.30pm

Timetable for local pickup starting in Bordon: To Alton and Bordon, every Tuesday.

To **Fareham**, the 2nd and 4th Monday of every month.

To **Petersfield**, every Wednesday and on the 1st and 3rd Saturday of every month.

To **Waterlooville (Asda)** the 1st and 3rd Friday of every month.

Contact telephone: 01420 475759

Website: www.communitytransporteasthampshire.co.uk

CLANFIELD VOLUNTARY CARE GROUP

The group assists the residents of Clanfield and North Horndean by taking them shopping, to surgeries, clinics, opticians, chiropodists, hairdressers etc. or hospital visiting. They can also do shopping for clients if required or sitting with the housebound.

Operating times: Monday to Friday, 9.00am-6.00pm.

Contact telephone: Mrs Jennifer Simpson, 02392 594577

EAST MEON CARE

Providing transport to surgeries and hospitals, and general care for the elderly and disabled.

Contact telephone: 07050 177505

FOUR MARKS CARE GROUP

We are a team of volunteers who receive requests by telephone and undertake to match these with offers of help from our qualified drivers. We provide transport for people unable to drive themselves and who may need a lift to their Doctor, Dentist, Hospital etc., or who perhaps need to collect prescriptions or urgent shopping.

Contact telephone: 01420 564435

Email: dutycoordinator@fourmarkscare.org.uk

FROYLE GOOD NEIGHBOURS

Gardening, D.I.Y and shopping

Contact: Linda Wilkie, 01420 520292

GRAYSHOTT COMMUNITY CARE GROUP

Provides transport to hospitals and clinics.

Contact telephone: Co-coordinators, 01428 606401 or 01428 605135

HAMPSHIRE TRAVEL CONCESSIONS

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>

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

Email: concessionary.fares@hants.gov.uk

HEADLEY VOLUNTARY CARE

The group encourages friendly good neighbourliness, putting those in need of help in touch with those able to give it. We can help you get to an appointment with the doctor, dentist, bank, chiropodist, hospital, optician, help you to visit a friend or collect a prescription. Join us for coffee or tea and biscuits every Thursday between 10.30am and 12.00 at Headley Church Centre.

Cost: Donations requested to cover petrol costs.

Contact telephone: 01428 717389

HOLYBOURNE VILLAGE CARE

Transport to doctor and/or hospital appointments, shopping and collection of prescriptions.

Contact telephone: Ysanne Legg, 01420 89418 or Lucy Yendell, 01420 80560

HORNDEAN VOLUNTARY CARE GROUP

Transport to hospital, GP and other health service appointments, shopping and collection of prescriptions, minor repairs/DIY and helping with pets.

Operating times: any reasonable time

Contact telephone: Duty coordinator, 0752 833 1989, secretary 02392 592767

HOSPICE SERVICES AT HOME TLC Ltd

Help for people with life-limiting conditions/end of life care needs (including the frail elderly), accompanied trips to shops, social outings, generally for up to 3 hours a week, but negotiable.

Contact: Hospice Services at Home TLC Ltd 01420 477231

KINGS WORLD CARE GROUP

Provides transport, shopping and befriending.

Contact telephone: Lynne Jeffrey, 01420 479000

Email: lynne@kingsleyorganisation.org.uk

LISS & DISTRICT VOLUNTARY CARE GROUP - LUPIN

Provides help for those in need including driving; collecting prescriptions; shopping; befriending; sitting for carers; or visiting when no other help available.

Contact telephone: 01730 892169

MEDSTEAD VOLUNTARY CARE GROUP

This local good neighbour scheme principally provides transport to older residents or those with a disability. Transport to appointments including medical, shopping and social (if no other transport available); help with small repairs and practical help for older or housebound people.

Contact telephone: Duty Co-coordinator, 0845 4630 546

NEIGHBOUR CARE BURITON

Provides the following - hospital transport, GP transport, other health transport, prescription collection, gardening, D.I.Y, pet care, sitting service, shopping and befriending.

Contact: Trevor Partridge 01730 233061

OLDER DRIVER'S SKILLS SCHEME

An informal, confidential driving appraisal developed to help older drivers update their skills, gain confidence, return to driving after an illness or adapt to a new vehicle. It offers help and advice to enable older persons to continue driving with improved safety, delivered from the person's home, using their car, on a route to reflect their normal driving pattern. After a practical drive, each person is given a comprehensive de-brief when any concerns and necessary remedial actions are discussed. A detailed written report is sent shortly after the appraisal. This report belongs to the driver and remains confidential. The appraisal takes 90 minutes and costs £30.

Operating Times: By appointment with Hampshire County Council Road Safety Unit

Telephone: 01962 846100

OUT & ABOUT – MOBILITY AND INDEPENDENT LIVING SPECIALIST

From scooters, wheelchairs and stair lifts to bathing aids, outdoor shoes and walking canes, we'll help you to find what you need. To ensure we give the best possible advice and the most appropriate help we try, where possible, to work in partnership with others who help you e.g. your GP, occupational therapist, physiotherapist or other specialists. Being a local business, if anything should go wrong we're on hand to provide advice and to service, repair or replace your equipment as quickly and efficiently as possible. Equipment hire available.

Operating times: 9.00–5.00pm, Monday to Friday; 9.00-12.30pm Saturday

Contact: Deborah McCallum 01420 549481

Email: enquiries@outandabout-uk.com

Website: www.outandabout-uk.com

Address: 25 Southview Rise, Alton, GU34 2AB

OUTINGS FOR THE OVER 65s

Escorted outings arranged for older people from March – October, the last Tuesday of each month. Visits to places of local interest followed by tea. Suitable for people with limited mobility, we can take one wheelchair and any number of tri-walkers.

Costs: £8 per visit plus cost of tea. Pick up and drop off within Petersfield or will pick up after luncheon club from Petersfield Community Centre. Maximum of 13 people per outing.

Contact telephone: Alison Gauld, 01730 268917 for more details and list of venues.

PETERSFIELD VOLUNTARY CARE GROUP

Volunteer drivers ARE available to take older, generally frail people to appointments with GPs, hospital, dentist, opticians including visiting husbands/wives in hospitals and care homes. Will also undertake shopping for the housebound but cannot accommodate wheelchairs. Bookings made through Winton House. Please provide 48 hours notice.

Cost: Free but a donation of £2.50 for trips in Petersfield is suggested. Return trips from Petersfield to hospitals include QA – suggested donation £11 and St. Mary's £12.

Contact telephone: Voluntary Care Group Coordinator, 01730 266046, Monday to Friday 10.00am-4.00pm

Address: Winton House, High Street, Petersfield GU32 3JL

PETERSFIELD AGE CONCERN MINIBUS

Provides transport to and from Petersfield Age Concern lunch club held on Tues and Thurs. It collects passengers across Petersfield at a cost of £1.50 return.

Operating times: Wednesday morning East Meon and Petersfield; Friday morning Petersfield area; Friday afternoon Petersfield and Buriton – cost £2.50 for a return trip.

Contact telephone: David Hague, 01730 266362

ROPLEY COMMUNITY CARE

The service offers transport for people to and from the GP surgery, hospital, chiropodist, dentist for appointments etc. Shopping can also be undertaken if required. The area covered includes Ropley, Monkswood and Tisted.

Contact telephone: Co-coordinator, 01962 772216

ROWLAND'S CASTLE GOOD NEIGHBOURS

Neighbourly assistance including transport to health, shopping or social purposes.

Costs: Voluntary contribution of 50p plus any mileage at 40p per mile.

Contact telephone: 0845 519 6641

WHEELCHAIR ACCESSIBLE TAXI

Contact telephone: Paddy Cars, 01730 263263 or 262279

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

LIBRARY GROUPS & SERVICES

HOME LIBRARY SERVICE

Do you know anyone who needs help getting their library books/audio books?

The Home Library Service is for people who are no longer able to get to the nearest library or mobile stop, due to frailty or mobility problems, and don't have anyone living locally to borrow books for them. We can usually arrange for one of our volunteers to visit them to exchange library materials. This service is **free** and available in all the Hampshire County Council libraries. If you know someone who could benefit from this service, then please talk to staff at your nearest library, call us on 0845 603 5631, or apply using the online form at : -

<http://www3.hants.gov.uk/library/using-the-library/library-access/home-library-service.htm>

PETERSFIELD CLICK AND KNIT CLUB

Relax and knit in the company of others and enjoy passing on your skill in a friendly atmosphere. Bring your own wool, needles and patterns, along with your latest projects. New and experienced knitters of all ages welcome.

Operating times: Weekly every Monday at Petersfield Library 2.00-4.00pm (ex-Bank Holidays).

PETERSFIELD LIBRARY POETRY GROUP

This group meets monthly on a Wednesday 3rd week at 2.15pm to read and enjoy poetry together, focusing on a different poet each month.

PETERFIELD LIBRARY READING GROUP

Meets every 2nd Monday of the month at Petersfield Library at 2.15pm. Everyone welcome.

Contact telephone: 01730 231539

PETERSFIELD VIP (VISUALLY IMPAIRED) READING GROUP

This reading group is specifically for the visually impaired. Members select a book title which we obtain in whatever format is most convenient so everyone has a chance to read and join in. New members are welcome, whether visually impaired or not.

Operating times: 3rd Monday every month at 2.00pm **Call:** Petersfield Library, 01730 267806

VISUAL IMPAIRMENT

Range of audio books and audio described videos and DVDs. Anyone who has difficulty reading print is entitled to an Access Card allowing the holder to borrow two audiovisual items, such as DVDs, music CDs and video games free of charge.

Contact telephone: Petersfield Library, 0845 603 5631

SPORTS AND EXERCISE

ALTON CHAIROBICS

Gentle exercise for older people to improve their health and wellbeing, meet new people and reduce their risk of falls through gentle physical activity to music.

Operating times: Wednesday at 11.00am

Cost: £3 per person

Contact telephone: Karen Lewis, 01428 723527

Address: Orchard House, Alton

CHAIROBICS

Sessions provide seated exercise in a fun, enjoyable and sociable way to increase physical activity levels. Includes functional movement to music that aims to improve strength, flexibility and mobility and generally improve health and well being. You can choose to remain seated through the class or progress to standing exercise once your confidence has increased.

- **Monday** 10.00-11.00am Horndean Drum Housing Terri 023 9224 1764 £3 per session Causeway Farm, Lyne Place
- **Monday** 11.30-12.15pm Alton Inwood Court Simon 07738 0737884 £2 residents High Street £2.50 non-residents
- **Tuesday** 11.30am-12.30pm Bordon Shaftesbury Court Maddie Silvia £2.50 residents Forest Road, Bordon 01420 477866 £3 non-residents
- **Tuesday** 10.30-11.15am Liss Drum Housing Patricia 01730 893446 £2 per session Rother House, Hillbrow Road
- **Tuesday** 11.00-12noon Alton Alton Maltings Fiona Bernie £3/Voluntary contribution Fortnightly 01420 472556 MS group. All welcome
- **Wednesday** 10.30-11.15am Petersfield Drum Housing Patricia 01730 893446 £2 per Session Siward House, Borough Road
- **Wednesday** 11.10-11.50am Alton Drum Housing, Orchard House Karen 01428 723527 £2.25 residents £3.75 non residents
- **Wednesday** 12.15-1.00pm Petersfield Taro Leisure Centre Anne or Patricia Angie £3/Voluntary contribution Fortnightly 02392 422341 MS group. All welcome
- **Thursday** 2.00-3.00pm Rowlands Castle Church on the green Terri 023 9224 1764 £3 per session

STEADY AND STRONG – Community Balance Classes

Improve your balance, strength and coordination, and increase your mobility and independence. If you are interested in joining a class, please contact the instructor before attending. Sessions are held at the following locations -

- **Location:** Alton – Basingstoke & Alton Cardiac Rehab Centre, Thursday at 2.00pm
- **Location:** Alton – Sports Centre, Tuesday at 1.45pm
- **Location:** Bordon – Forest Community Centre, Wednesday 1.30pm and 3.00pm
- **Location:** Liss – Liss Triangle Centre, Thursday 2.00-3.00pm, cost £3.50. Contact Kathryn Lapicki on 07909 086996 for more details
- **Location:** Petersfield – Taro Leisure Centre, Monday at 1.30pm
- **Contact:** Paula Haidon on 01428 723324 or 07504 428471
- **Cost per session:** £3.80

SWIMMING

Free swimming for older people aged 80+ at the Taro Leisure Centre, Petersfield. Proof of age required (bus pass, passport etc.), form completed at swimming pool and card issued.

Contact telephone: Taro Leisure Centre, 01730 263996

TAI CHI CHUAN

Our Tai Chi classes are friendly and run at a gentle pace, teaching traditional Chinese relaxation techniques suitable for almost every age. It promotes health and well being, improved balance, good muscle tone and centring of the mind.

Operating times: Thursday mornings from 11.00-12.30pm

Venue: Merchistoun Hall, 106 Portsmouth Road, Horndean PO8 9LJ

Cost: £5.00 per session

Contact: Alison Sandeman, course leader, at Merchistoun Hall on 023 9259 7114

TEA DANCE

Ballroom and social sequence dancing held every Thursday from 2.00pm–4.30pm at the Taro Leisure Centre, Petersfield, cost £3.00 per session.

Contact telephone: 01730 894394

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.

Venue: Alton Town FC – Thursdays 6-7pm, cost £3, organizer Vic Harry

Contact telephone: 07793 450208 **Email:** vic.harry@hotmail.co.uk

WALKING FOR HEALTH – ALICE HOLT FOREST

Come and join our stunning country walks through the forest taking place each week on a Tuesday morning from **September through to March**. Watch the changing seasons and enjoy witnessing the forever changing flora and fauna. Walks cater for different abilities and take in the stunning countryside at Alice Holt Forest.

Venue: Cafe on the Green, GU10 4LS, Tuesdays from 10.00-11.00. **Call:** Kat 01420 520212

WALKING FOR HEALTH – ALICE HOLT FOREST

Take advantage of the light evenings and come and join our stunning country walks through the forest which take place on a Tuesday from April through to August. Watch the changing seasons and enjoy witnessing the forever changing flora and fauna.

Venue: Education Room, GU10 4LS, Tuesdays from 6.30-8.00pm

WALKING FOR HEALTH - ALTON

Join our friendly weekly walk through the beautiful Hampshire countryside taking in historical villages, local paths and woodland of outstanding beauty. There are fantastic views and wonderful natural features and wildlife to be seen on the many varied walks. All welcome.

Venue: Tuesdays at 10.30 Alton Sports Centre (car park by skate park), Chawton Park Road, Alton GU34 1ST. Walks last 1-1 ½ hours covering 2-3 miles at a gentle to moderate pace.

Contact telephone: Gill 01420 89659

WALKING FOR HEALTH - BURITON

Walks are at a comfortable pace and take you through the beautiful Buriton countryside. All welcome. Refreshments and home made cakes afterwards.

Venue: Heatherfield opposite the Village Inn, GU31 5RY, Mondays at 10.30am. Walks last 1-1 ½ hours covering 2-3 miles at a gentle to moderate pace.

Contact telephone: Terry 01730 266206

WALKING FOR HEALTH – CLANFIELD (WEDNESDAY)

Fun, safe and sociable walks with points of interest along the way. You will be able to walk at your own comfortable pace gradually to increase your health and fitness. Refreshments and socialising afterwards at the Rising Sun.

Venue: Rising Sun, North Lane, PO8 0RN, Wednesdays at 10.00am

Contact: Barry, 07443 464558

WALKING FOR HEALTH – CLANFIELD (SUNDAY)

Safe and sociable walks in the lovely countryside surrounding Clanfield for those that would like to walk on a Sunday with a fun and friendly group. Refreshments after the walk.

Venue: Rising Sun, North Lane, PO8 0RN on Sundays at 11.00am

Contact: Barry, 07443 464558

WALKING FOR HEALTH – FOUR MARKS AND MEDSTEAD (FRIDAY)

Friendly and sociable walks that last about an hour, exploring the Four Marks and surrounding countryside. Discover your local area whilst making new friends, enjoying the fresh air and forever changing scenery. All welcome with refreshments and more socialising after the walk.

Venue: The Pavilion, off Uplands Lane GU34 5AF, Fridays at 10.30am. Walks of 30 minutes covering 1-1 ½ miles at a slow pace or 1 hour covering 2 ½ - 3 ½ miles at a gentle to moderate pace, on footpaths, fields and woodland.

Contact: Celia 01420 563299

WALKING FOR HEALTH – FOUR MARKS AND MEDSTEAD (THURSDAY)

Friendly and sociable walks that last about an hour, exploring the Four Marks and surrounding countryside. Discover your local area whilst making new friends, enjoying the fresh air and forever changing scenery.

Venue: Castle of Comfort Pub, Medstead GU34 5LU, first Thursday of the month. Walks of 1 -1 ½ hours over footpaths, fields and woodland.

Contact: Sue 01420 564467

WALKING FOR HEALTH - HEADLEY

A variety of walk routes available in and around Headley Village. All are welcome with refreshments afterwards. 1-1 ½ hours covering 2-3 miles at a gentle to moderate pace.

Venue: Headley Village Hall, Arford Road GU35 8LJ, Wednesdays 10.30. Walks of 1 – 1 ½ hours covering 2-3 miles at gentle to moderate pace.

Contact: Parish Office, 01428 713132

WALKING FOR HEALTH – LIPHOOK

We have a variety of walks in beautiful countryside and points of interest along the way.

Venue: Station Road car park, Station Road, adjacent to Liphook & Liss Surgery GU3- 7DR on Wednesdays at 10.00am. Walks of 1 hours covering 2-3 miles at a gentle to moderate pace on footpaths and woodland

Contact telephone: Alison 01428 722046

WALKING FOR HEALTH – LISS

Gentle walks through quiet country lanes and footpaths for people wanting to get back to fitness. Come and explore your local area and meet other like-minded people. Walk at your own comfortable pace whilst enjoying the beautiful area and scenery. Stay after for refreshments and locally made cakes at the Triangle Centre.

Venue: The Triangle Centre, Mill Road Liss GU33 7DX, Tuesdays and Thursdays from 10.15am. The walks of up to an hour covering 2 – 2 ½ hour at a gentle pace on footpaths, woodland and local lanes.

Telephone: Triangle Centre, 01730 301 000

WALKING FOR HEALTH - PETERSFIELD

Two walks each week, one at a slower pace and the other slightly brisker, both an hour long. Come and explore your local countryside and improve your health and fitness while enjoying the fresh air and beautiful local scenery. Refreshments and socialising after the walk.

Venue: Winton House, 18 High Street, Petersfield, GU32 3JL on Wednesdays at 10.00am. Both walks last an hour, the slow one covering 1 ½ miles and the brisker one 2 ½ miles.

Contact telephone: Heather 01730 266855

WALKING FOR HEALTH – ROWLANDS CASTLE

Weekly walks through beautiful ancient woodland and countryside and country parks. Come and meet new friends while improving your health and fitness. Enjoy these stunning walks and witness the ever changing scenery on footpaths, woodland and forest. Refreshments after the walk.

Venue: The Green (opposite Lloyds Bank) Rowland's Castle, PO9 6BN, weekly on Wednesdays at 10.00am **except** on the first Wednesday of each month when the meeting place is at Havant Thicket Car Park, Manor Lodge Road PO9 6HE between Horndean and Rowland's Castle. Walks of 1 - 1 ½ hours covering 2 ½ - 3 ½ miles at a moderate pace. A shorter option of 1 ¼ miles is also available.

Contact telephone: Ann 023 9241 2599

WALKING FOR HEALTH – SHEET

Friendly and easy walks lasting about an hour for people wanting to enjoy walking and meeting new people in an informal and fun atmosphere. Refreshments and more socialising after the walk.

Venue: Half Moon Pub, London Road, Sheet, Petersfield GU31 4BE on Fridays at 10.00am. Walks covering 2 ½ - 3 miles at a gentle to moderate pace on roads, footpaths and fields.

Contact telephone: Terry on 01730 264181

WALKING FOR HEALTH – WHITEHILL & BORDON

We meet every Monday for fun, safe and sociable walks exploring the local countryside. All are welcome, especially new comers and those with limited fitness. Afterwards we congregate in the Woodlark for refreshments.

Venue: Whitehill Village Hall GU35 9BW on Mondays at 10.30am. Two walks both an hour long, one slow (1 ½ miles) and one brisker (2 ½ miles), on pavements, footpaths and woodland. Enjoy some soup at the Soup Café in the hall afterwards.

Contact telephone: Carol on 01420 477861

Supported by:

