

# Who Cares In Fareham

A Directory of Voluntary Organisations, which Care for  
Carers and for Those In Their Care



Disability Information Centre

Phone 01329 282929

Fax 01329 282982

Email [shopmobility@farehamaction.org.uk](mailto:shopmobility@farehamaction.org.uk)  
[www.farehamaction.org.uk/carers](http://www.farehamaction.org.uk/carers)

## **EMERGENCY PLANNING FOR CARERS**

Provided by The Princess Royal Trust for Carers in Hampshire, funded by Hampshire County Council

### **BENEFITS OF MAKING AN EMERGENCY PLAN ARE:**

- Peace of mind
- You are able to choose who should be involved
- The best opportunity for the cared for person to remain in their own home
- Information about other services available
- Carers emergency cards
- Emergency support may be available free of charge for up to 48 hours

### **WHAT WILL HAPPEN:**

- A project worker will phone you to make an appointment
- We will visit you at your chosen venue to discuss your requirements
- With our support, you will put together an emergency plan
- We will provide you with a detailed document outlining your emergency plan
- In the event of an emergency our 24 hr phone line is available should you require further support

### **ALL YOU NEED TO DO IS CALL:**

**0845 604 1577**

### **BE PREPARED AND HAVE PEACE OF MIND**

Emergency Planning for Carers is funded by Hampshire County Council and provided by The Princess Royal Trust for Carers in Hampshire, The Winchester Centre, 68 St George's St, Winchester, Hampshire, SO23 8AH  
Registered company number 2955846, Registered charity number 1040518



Alzheimer's Society Branch Office .....	4
Alzheimer's Support Groups, Fareham & Gosport .....	4
Rethink .....	4
Carers Centre .....	5
Carers Helpline .....	5
Citizens Advice Bureau .....	5
Diabetes Support Groups.....	6
Fareham Access Group .....	7
Fareham Area Active Blind .....	7
Fareham & District Sports Assoc. for the Disabled.....	7
Gosport & District Sports Assoc. for the Disabled .....	7
Fareham Care & Disability Info Centre.....	8
Fareham and Gosport Patients Forum .....	8
Fareham Good Neighbours.....	8
Gosport Access & Disability Forum.....	8
Age Concern (Fareham).....	9
Gosport Cancer Support Group .....	9
Gosport Disability Information Centre.....	9
Open Sight (Hants Assoc. for the Care of the Blind) .....	9
Hampshire Autistics Society.....	10
Hampshire Friends with ME .....	10
Harbour Cancer Support Centre .....	10
Headway Carers Support Group.....	11
Brendon Care Clubs Hampshire .....	11
Mental Health Carers Groups .....	12
Mind (Fareham & Gosport) .....	12
MS Society .....	12
NHS Direct.....	13
Parkinson Disease Society .....	13
Hampshire Community Healthcare .....	14
Solent Laryngectomy Club .....	14
Social Services Fareham & Gosport .....	15
Stroke Clubs .....	16
Voluntary Care Groups .....	17
Young Carers Group Fareham & Gosport.....	18
Unique .....	18

## **Alzheimer's Support Branch Office**

Paulsgrove Community Centre  
Marsden Road,  
Paulsgrove PO6 4JB



**Contact:** Alison Scarce **Tel:** 023 9237 6410

**Email:** [Portsmouth@alzheimers.org.uk](mailto:Portsmouth@alzheimers.org.uk)

**Open Mon—Fri 9am to 5pm**

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

## **Alzheimers Support Groups, Fareham & Gosport**

**Fareham Meeting:** Last Wednesday of Month (except December) 1.30-3.30 pm, United Reformed Church, Osborn Road South, Fareham

**Gosport Meeting:** FIRST Wednesday of Month (check date with contact) 10.30-12.30 pm  
Chapel room, Gosport War Memorial Hospital.

**Younger People with Dementia** FIRST Monday of Month  
7-9 pm, Phoenix Day Hospital, Gosport War Memorial.

## **Rethink Carers Group**

**Group coordinator:** Garry Doherty

**Telephone:** 07738 416 115

Titchfield Community Centre, Mill Lane

Titchfield Hampshire PO14 4AB

The group meets on the fourth Tuesday of every month from 7.00pm to 9.00pm

**[www.rethinkcarers.org.uk](http://www.rethinkcarers.org.uk)**

## **Carers Centre**

The carers centre can provide a wide range of information, advice and support to carers in the Gosport, Fareham areas.

Martin Snape House, 96 Pavillion Way,  
Gosport PO12 1FG

**Contact:** Carers Co-ordinator   **Tel:** 08444 77 22 32

## **Carers Helpline**

This is a Social Services Out of Hours Service offering completely confidential information and advice to carers in an emergency.

Mon to Fri 4.00 pm-11.30 pm

Weekends/Bank Holidays 8.30 am-11.30 pm

## **Citizens Advice Bureau, Fareham**

Offering Confidential, independent, Free and impartial advice.

2nd Floor, County Library, Osborn Road, Fareham  
Open 10-4 Mon-Thurs also 5-6.30 Thursdays.

Tel: 0870 126 4058   Fax: 01329 283004

Email: [www.farehamcab.hampshire.org.uk](http://www.farehamcab.hampshire.org.uk)



## Diabetics Support Groups



Diabetes Voluntary Groups have friendly informal meetings with presentations by experts. They aim to learn more about the condition, minimise risks, share experiences, promote awareness.

### ***Fareham Group***

**Contact:** Mr Raymond Hale **Tel:** 01329 664722

Meeting held on the FIRST THURSDAY of the month (except Aug) 7.30pm to 9.00pm,  
The Hall, Holy Trinity Church, West Street, Fareham

### ***Gosport Group***

**Contact:** Jean Ellis **Tel:** 023 9252 3135

Meeting held on the FIRST TUESDAY of the month  
7.00pm to 8.30pm  
Stoke Road Methodist Church, Gosport

### ***Portchester Group***

**Contact:** Gay Cornish **Tel:** 023 9238 2104

Meeting held on the FIRST MONDAY of each month  
10.00am to 11.30am  
Portchester Methodist Church Hall, Portchester  
Email [gaypc@yahoo.com](mailto:gaypc@yahoo.com)

### ***Seahawks (The families group)***

A new group for those families who have a child or teenager with diabetes. For further information contact

**Gillian 01329 519199**  
**Www.seahawks.co.uk**

## Fareham Access Group



FAG actively Campaign to raise disability awareness and aim for an inclusive society. The organisation works with the Local Authority Access Officer to improve access to shops, buildings, disabled carparks and the countryside. Quarterly meetings are held, please phone contact for details.

**Contact:** Joan Searle **Tel:** 02392 376816

**Email:** portchester63@hotmail.com

## Fareham Area Active Blind

F\*A\*A\*B are the local club for visually impaired people and their carers. They aim to promote confidence & independence of visually impaired people, providing activities, exchange of useful tips and information and a place to meet others who face the same challenges.

Activities include theatre trips, day trips, skittles and visiting speakers.

**Contact:** Linda Phear **Tel:** 01329 286445

## Fareham & District Sports Association for the Disabled (F.A.D.S.A.D)

Sports & social activities for people with disabilities. Promoting sport as an integral part of a disabled persons well being.

Mondays dry sports, Portchester Community School 7.30pm

Leisure Centre 8pm to 9pm Wednesday (club use only) and Social vents

**Contact:** Mrs Rosemary Titcombe **Tel:** 01489 584171

**Gosport & District Sports Association for the Disabled (GADSAD) Contact.** – Mr Graham Clarke 01329 511678

Email grahamclarke@ntlworld.com



part

## **Fareham Shopmobility, Caring and Disability Information Centre**

Multi-storey Car-park, Osborn Road, Fareham  
PO16 7DW (with SHOPMOBILITY)

**Contact:** Barrie Hill **Tel:** 01329 282929

**Fax:** 01329 282982

**Email:** shopmobility@actionfareham.org.uk

## **Fareham and Gosport Patients Network**

Independent community-based body watching over health care services in Fareham and Gosport.

Comments from the public welcomed. Open meetings held regularly, ring for details.

**Contact:** Richard Martin

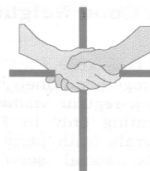
**Tel:** 0845 241 0960

## **Fareham Good Neighbours**

Bringing together lonely, elderly or infirm people with a regular visitor who will befriend them. Operating in Fareham town.

**Contact:** Mrs Avril Cockshoot **Tel:** 01329 283785

Email [avrilcockshoot@btinternet.com](mailto:avrilcockshoot@btinternet.com)



## **Gosport Access Group and Disability Forum**

Campaign to raise access issues and to improve life for people with a disability in the Gosport area. Phone contact for meeting information.

**Contact:** Peter Carroll

**Tel:** 023 9258 9819

## **Gosport Cancer Support Group**

### **For Helpline**

**Contact:** Pam Batchelor   **Tel:** 023 9258 6796

## **Gosport Disability Information Centre**

Martin Snape House 96 Pavillion Way  
Gosport, PO12 1FG

**Open:** Mon - Fri 10 am to 3 pm

**Contact:** Sue Eden-Brown   **Tel:** 023 9258 0373

**Email:** [dis.info@gva.org.uk](mailto:dis.info@gva.org.uk)

## **Open Sight (working title of Hampshire Association for the Care of the Blind)**



Open Sight run several clubs in Fareham & Gosport for the visually impaired. Providing many different activities, social events & day trips and giving much needed help and support.

## **Fareham & Gosport Branch**

**Contact:** Mrs Jenny Robinson   **Tel:** 01329 310651

## **Age Concern (Fareham)**

Shopmobility Centre, multi storey car park Osborn Road

Phone:- 01329 287749

email [shopmobility@actionfareham.org](mailto:shopmobility@actionfareham.org)

## **Hampshire Autistics Society**

Hampshire Autistic Society is dedicated to improving the quality of life for all people within the autistic spectrum. The society provides many services including support & advice to families, carers and professionals, parent support network, advocacy and respite care.

**Contact:** Carole Hiorns **Tel:** 01489 880881 **Ext:** 207  
**Email:** [info@has.org.uk](mailto:info@has.org.uk)

## **Hampshire Friends with ME Fareham Support Group**

The group aims to raise awareness, provide information, support & help for carers of and sufferers with ME.

**Contact:** Membership secretary  
HFwME PO Box 544  
Eastleigh Hants SO50 0EY  
[www.hantsmesupport.co.uk](http://www.hantsmesupport.co.uk)

## **Harbour Cancer Support Centre**

Practical and emotional support for anyone affected by cancer. Services include drop-in centre, information, counselling by professional counsellors and befriending.

**Contact:** Melanie Whitfield **Tel:** 023 9250 1503  
The Bus Station, South Street, Gosport  
Mon-Fri 10am to 4pm Sat 10am to 12 noon  
[www.harbourcancer.org.uk](http://www.harbourcancer.org.uk)

## **Headway Carers Support Group**

(for carers of head injury/acquired brain injury)



Information, support and advice. Weekly activity group. Advocacy for short-term issues.

*Drop In Service held at Bridgemary Community School every Friday 10.30am-1 pm*

**Email** headway1@btconnect.com

**[www.headwayportsmouth.co.uk](http://www.headwayportsmouth.co.uk)**

## **Mencap Society Fareham & Gosport**

Mencap hold regular weekly clubs for people of all ages with learning disabilities.



**Contact:** Mr Malcolm Bidwell **Tel:** 023 9260 1174

**Email:** mencap@btinternet.com

**[www.mencapfg.co.uk](http://www.mencapfg.co.uk)**

## **Brendon Care Clubs Hampshire**

Luncheon club for older people

Every 1st and 3rd Tuesday each month

11.00am to 1.30pm

The King's Centre

171 West Street

Contact Edwin Ingleton 01962 877772 (especially if you can help)

## **Mental Health Carers Group**

Giving support to people caring for someone with a mental health condition.

### **Fareham**

**Contact:** Osborn Centre    **Tel:** 01329 288331

### **Gosport**

**Contact:** Hewitt House    **Tel:** 023 9251 1377

## **Fareham and Gosport MIND**

Unit 22, Gosport Business Park, Fraters Gate,  
Aerodrome Road, Gosport PO13 0FQ

MIND run weekly activity groups. Open to all those suffering with mental health problems, carers and anyone with a genuine interest in mental health



**Contact:** Caroline Payne    **Tel:** 01329 848604

**[www.fgmind.org.uk](http://www.fgmind.org.uk)**

## **Multiple Sclerosis Society Gosport and Fareham**

**Contact:** Mr Graham Hewitt    **Tel:** 023 9258 1406

Clubs include, Neuro-physio, yoga and craft. Telephone contact for full details or visit our website for further information.

**[Www.gosportandfarehamms.org.uk](http://www.gosportandfarehamms.org.uk)**



## **NHS Direct**

If you want to speak to a health professional, telephone NHS Direct for confidential health advice. You can call any time of the day or night on **0845 4647**  
You could also try NHS Direct online at **[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**

## **Parkinson Disease Society Fareham**

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



**Contact:** Mrs Sue Thompson 08442253759  
(Parkinsons support worker)

**Contact:** Carol Howell 01329 280609 (Chair)  
**[www.pdsfareham.supanet.com](http://www.pdsfareham.supanet.com)**

**Meetings:** FIRST Monday of month 10am-12noon at Crofton Community Centre for Coffee morning & New Age Kurling

FIRST & THIRD Tuesday of month 2pm-4pm for light exercise. Crofton Community Centre.

THIRD Monday of the month activities morning 10am-12 Noon at Crofton Community Centre, including Handwriting, Arts & Crafts, Tai Chi, Shiatzu massage & PDS Nurse Specialist Drop-In.

4th Tuesday of month 7.30-9.30 at Lowry Room, St Faiths Church, Lee on Solent. Evening meeting with speaker.

## **Hampshire Community Health Care**

HCHC HQ 8 Sterne Road Tatchbury  
Mount Calmore Southampton SO40 2RZ  
Telephone 023 8087 4270  
Email: [enquiries@hchc.nhs.uk](mailto:enquiries@hchc.nhs.uk)  
Www.hchc.nhs.uk

## **NHS Hampshire**

Headquarters  
Omega House  
112 Southampton Road  
Eastleigh, Hants SO50 5PB

Telephone: 0238 062 7444  
Fax: 0238 064 4789  
Email: [enquiries@hampshirepct.nhs.uk](mailto:enquiries@hampshirepct.nhs.uk)

## **Solent Laryngectomy Club**

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

**Contact** David Myers

Swallow Cottage

Shore Road, Bosham

Chichester PO16 0QF Tel. 01243 572356

Email [david@davidmyers.freeserve.co.uk](mailto:david@ davidmyers.freeserve.co.uk)

**Meets** 2nd Tuesday of month at Queen Alexandra  
Hospital

## **Social Services**

Fareham Reach Unit 180  
166 Fareham Road  
Gosport  
Hampshire  
PO13 0FH  
Tel 0845 603 5630  
Textphone 0845 603 5625  
Fax 01329 829745 E-mail:  
[ssfg0101@hants.gov.uk](mailto:ssfg0101@hants.gov.uk)

Full details of services can be found on  
[www.fareham.gov.uk/general/socialservices.aspx](http://www.fareham.gov.uk/general/socialservices.aspx) Social  
Services are open;  
Monday to Thursday - 8.30 am to 5.00 pm  
Friday 8.30 am to 4.30 pm

### **Out of office hours:**

Emergencies - 0845 600 45 55  
(if you need emergency help when offices are closed,  
i.e. in cases of child protection or mental illness).  
Carers helpline - 08457 221122 (local call rate)  
Help in hospital - there are Social Work Departments in  
most major hospitals: ask at reception or on the ward.  
Complaints - Tel: 01962 847256

### **For Adult Services**

Hantsdirect Contact Centre  
0845 603 5630 Or 01329 225390

# Stroke Clubs

These clubs offer friendship and support to stroke sufferers and their carers.

Members can take part in various activities, listen to speakers and enjoy organised outings.

Contact your local group for further details.



STROKE FORCE WIDENING AGENCIES FOR THE FUTURE OF THE UK

## ***Fareham***

Contact: Lynda Young Tel: 01329 231899

***Meeting:*** Fridays at 2.30pm, W.I. Hut, Oak Road, Fareham.



## ***Portchester***

Contact: Mrs Nell Wycherley MBE Tel: 01329 232461

***Meeting:*** Wednesday from 2pm-4pm, Assheton Court, Portchester

## ***Gosport***

Contact: Mrs Margaret Dyer Tel: 023 9258 3798

***Meeting:*** Fridays from 3-5pm at Bury House Centre, Thorngate Hall, Bury Road, Gosport.

## **Voluntary Care Groups**



Voluntary Care Groups can help with transport to medical appointments for the elderly or disabled. Some groups run lunch clubs or organise visitors for the sick, lonely or housebound. Contact your local group for details of their services.

### ***Communicare Association Locksheath***

c/o Lockswood Day Centre, Centre Way, Locksheath

Contact: Mr Dick Treglown    Tel: 01489 559697

### ***Lee-on-Solent Voluntary Care Group***

Tel: 023 9255 0906

### ***Portchester Voluntary Care Group***

Contact: Co-ordinator    Tel: 023 9232 1788

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

Contact: Duty Co-ordinator    Tel: 07074 775112

## **Young Carers** **Fareham and Gosport**



KIDS Centre, Delta House,  
Salterns Lane, Fareham.

Offering support to carers between ages of 5 and 18.  
Monthly age related support groups, off site activities  
and one to one support.

**Contact:** Rebecca Grant      **Tel:** 01329 312312

**Email:** rebecca.grant@kids.org.uk

**[www.youngcarers.hants.org.uk](http://www.youngcarers.hants.org.uk)**

## **Unique (rare chromosome disorder support group)**

Giving support to families of children suffering from all forms of rare chromosome disorder. (Rare chromosome disorders encompass extra, missing or re-arranged chromosome material but do not include more common conditions such as Downs Syndrome)

**Local Contact:** Tricia Lewis      **Tel:** 01329 315181

**[www.rarechromo.org](http://www.rarechromo.org)**

**Fareham Volunteer Centre**

163 West Street Fareham PO16 0EF

**Contact\_ Tel 01329 223140**

Www.farehamvolunteers.org.uk

Opening Times Mon to Thursday 9am to 2pm

Friday 9.30 to 12 noon

We have links with local and national organisations offering a wide range of volunteering opportunities in the borough and beyond

Should you notice any errors or details that need to be updated in this booklet we would be glad to hear from you.

**Or**

Do you know of an organisation that should be represented in this booklet?

please contact:

Barrie Hill

Community Action Fareham

Care and disability information centre

Tel: 01329 231899

Email: [bhill@farehamaction.org.uk](mailto:bhill@farehamaction.org.uk)



# Community Action Fareham

For a Large text format of this directory  
please contact Barrie Hill  
Phone 01329 282929  
Fax 01329 282982

**Edition 28th May 2009**

Produced by Community Action Fareham

163 West Street Fareham PO16 0EF

Registered Charity No 1056395

A Company limited by guarantee, Registered in  
England and Wales No 3181037