

SERVICES AVAILABLE NEW FOREST, WATERSIDE AND TOTTON

CHILDREN AND YOUNG ADULT SERVICES

HAMPSHIRE COUNTY COUNCIL CHILDREN SERVICES 0845 603 5620

Adults and Childrens Services Hythe
West Shore House
West Street
Hythe

Tel: 023 8087 7703

Waterside Childrens Centre Hythe
Ashford Crescent
Hythe SO45 6ET

Tel: 023 8084 5247

waterside@actionforchildren.org.uk

Community First New Forest
Archstone House
Pullman Way
Ringwood BH24 1HD

Tel: 01425 482 773

admin@cfnf.org.uk

Parent Voice
Bradbury Centre
300 Aldermoor Road
Southampton SO16 5NA

Tel: 023 8072 1206

lucyfripp@roseroad.org.uk

Mencap New Forest
The Nedderman Centre
Marryat Road
New Milton BH25 5NY

Tel: 01425 621 893

Mind
(National Association for Mental Health)

Tel: 0845 766 0163 mon-Fri 9am-5pm

www.min.org.uk

MDF The Bipolar Organisation

Tel: 0485 434 9970

www.mdf.org.uk

New Forest Disability Information Service
6 Osborne Road
New Milton BH25 6AD

Tel: 023 8081 2297 Mon-Fri 10am-5pm

www.newforestdis.org.uk

Romsey & Waterside Day Services
Hounslow Centre
Jacobs Gutter Lane
Totton SO40 9FT

Tel: 023 8086 2597

Grandparent Support Group

Support and advice free to grandparents who are raising their grandchildren in the New Forest area.
Monthly meetings
Carol Malky Parent Facilitator

Tel: 01425 482773 Mon & Weds 9am-2pm
cypservices@cfnf.org.uk

Young Carers Project

One-one support, school support, advice, activities & trips for young people in the New Forest
Referrals 8-18 year olds

Tel: 01425 482773
Email marie.shotbolt@cfcf.org.uk

Minstead Lodge Training Project Ltd Minstead

Lyndhurst SO43 7FT

Project Organiser

Support to adults with learning disabilities

Day and residential. To help students integrate and living skills

Tel: 023 8081 2297

www.minsteadtraining.org.uk

Brockenhurst College

Lyndhurst Road

Brockenhurst SO42 7ZE

Courses for adults with learning difficulties

Tel: 01590 625 556

www.brockac.uk

Transport Solutions

Moped loan Service for 16-25 year olds who have difficulty accessing public transport for work

Loan period max 12 months £50 deposit (refundable) £15 per week hire charge. 8 mopeds available in the New Forest area

Application form available

Tel: 0845 521 6405

mopedadmin@cfcf.org.uk

Walking For Health

A free led group with walks lasting between 30-90 minutes.

Walkabout 10.30am alternate Fridays

Tel: 01590 624 489

pdiles@brok.ac.uk

Wheelchair Accessible Taxi Service

Tel: 0771 890 7898 New Forest and Airports

Short Breaks

www.hants.gov.uk/shortbreaks

For children with disability and/or additional needs aged between 0-19 years

Gateway Card

www.hants.gov.uk/gatewaycard

Access to activities, play schemes and buddy schemes

Cadland Childrens Centre

Whitefield Road

Holbury SO45 2HW

Tel: 023 8089 0877

www.cadland.cc@hants.gov.uk

Forest First Childrens Centre

Heather Road

Fawley SO45 1DZ

Tel: 023 8089 4425

www.forestfirst@actionforchildren.org.uk

The Patch & The Harbour Childrens Centre

Calmore Community Centre

Calmore Drive

Totton SO40 2ZU

Tel: 023 8066 8047

thepatch@actionforchildren.org.uk

Oak Lodge School

Roman Road

Dibden Purlieu SO45 7CQ

Caters for children with special needs

Tel: 023 8084 7213

www.oaklodesch.hants.uk

MENTAL HEALTH SERVICES

Community Mental Health Teams

New Forest East	Tel: 01425 622 922
New Forest West AAT	Tel: 023 8081 6650
New Forest West	Tel: 023 8086 8886
Solent Healthcare	Tel: 023 8060 8000 www.solent.nhs.uk
Southern Health NHS Foundation Trust	Tel: 023 8087 4300 www.southernhealth.nhs.uk

Alzheimers Society	Tel: 023 9289 2034
Dementia Advisory Service	www.alzheimers.org.uk

MIND (National Association for Mental Health)	Tel: 0845 766 0163
MindinfoLine	www.mind.org.uk
Mon-Fri 9am-5pm	

MDF - The Bipolar Organisation	Tel: 0845 434 9970
	www.mdf.org.uk

Rethink National Advice Service (formerly National Schizophrenia Fellowship)	
10am-1pm Mon-Fri	Tel: 0207 840 3188
	www.rethink.org.uk

SANE	Tel: 020 7375 1002
Helpline	Tel: 0845 767 8000 Daily 6pm-11pm

Samaritans Crisis Line	Tel: 08457 90 90 90
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Adult Services (evenings, nights and week-ends)	Tel: 0845 600 4555
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Mencap New Forest	Tel: 01425 621 893
The Needham Centre	www.mencap.org.uk
Maryat Road	
New Milton BH25 5NY	

Stoneham Services	Tel: 01590 670 087
25a North Close	
Lymington	
18-65 years living in the New Forest	

Services for older persons

Tel: 0345 141 4663

The Mental Health Foundation -
Self management courses and local support
groups

Tel: 020 7803 1100

www.mentalhealth.org.uk

Independent Mental Capacity Advocacy Service
17 New Road
Basingstoke RG21 7PR

Tel: 01256 478 999

imca@hampshireadvocacy.org.uk

Dementia Care & Support Tool Kit Leaflet Available on line

OLDER PERSONS CARE AND SUPPORT SERVICES

Hampshire County Council Adult Services

Tel: 0845 603 5630

Adults and Childrens Services Hythe

Tel: 023 8087 9877

West Shore House
West Street
Hythe
Older Persons Wellbeing Team

Tel: 0845 603 5630

www.hants.gov.uk/bettertime

Age Concern Hampshire
Mon-Fri 10am-3pm (OPA)

Tel: 0800 328 7154

Choice Care Online resource for independent
Living

www.hants.gov.uk/carechoice

Citizens Advice Bureau (CAB)

www.citizenadvicehampshire.org

GOOD NEIGHBOUR GROUPS

Tel: 023 9289 9671

www.goodneighbours.org.uk

Hythe & District Volunteer Group

Tel: 023 8084 2280

Mrs Iris Read

Waterside, Marchwood and Calshot

Tel: 0845 643 9366

Barbara Hookham

Lyndhurst

Tel: 0845 094 5818

Lymington Care Group

Tel: 01590 679 187

Minibus Stroke Club

Totton Communicare

Tel: 023 8087 2376

Kath Warland

Lifeline New Forest

Tel: 023 8028 5453 or 023 8028 5523

Older People Call and Go

Tel: 0845 602 4326

Mon-Fri 9am-1pm

callandgo@cfnf.org.uk

Wheelchair accessible transport - 9 routes including Waterside. £2.50-£6.00 - 50% off for concessionary pass holders

OT Direct

Tel: 0845 600 4555

Sensory Loss Sight and Hearing

Tel: 0845 603 5630

Waterside Cancer Support

Tel: 023 8178 0409

Mon-Fri 10am-4pm

www.watersidecancersupport.co.uk

The Grove

25 St Johns Street

Hythe

Waterside Good Neighbours

Tel: 0845 643 9366

Waterside Short Mat Bowls (Holbury)

Tel: 023 8089 3750

Scratch

Tel: 023 8077 3132

Bereavement Care Services NHS

Tel: 023 8079 4587

CRUSE Bereavement Care Tel: 0844 803 0240

Bereavement Register Tel: 0800 082 1230
Service provided solely to remove names and addresses of deceased people from databases and mailing files

Waterside community Responders Tel: 07764 749238
watersidecommunityresponders@yahoo.co.uk

Community Alarms and Telecare Tel: 01264 405555

Elder Abuse Tel: 0808 808 8141
www.elderabuse.org.uk

Age Concern Tel: 0800 085 6625

Computer Services Tel: 0800 328 7154

Gardening Services Tel: 023 8084 1199

Nail Cutting Service Tel: 023 8084 1199 0800 085 6625

Toe Cutting Tel: 01329 842481 Telephone for times and areas

New Forest Sunday Luncheon Club Tel: 023 8084 1199
Alternate Sundays at the Horril Centre Dibden Purlieu. 3 course with transport £5, without £4
Pre booked only

Shaw Trust HCC Tel 0845 604 4643
Gardening Services for over 60's
Up to 6 visits per year of 4 hours each
groundmaintenance@shawtrust.org.uk

Tax Help for Older People Tel: 0845 601 3321

Community First New Forest

Community First Home Improvements Agency
Repairs, funding adaptations for older people
Call and Go
Transport Service
Caring and Sitting Service

Tel: 01425 482773
support@cfnf.org.uk
Tel: 01425 478 005
Hia.manager@cfnf.org.uk
Tel: 0845 602 4326
callandgo@cfnf.org.uk
Tel: 023 8066 7080
homesupportmanager@cfnf.org.uk

Hythe and Dibden Community Car Service
Elderly frail or disable people of any age
Volunteers use their own cars 7am-7pm

Tel: 023 8084 5788

Carers Together New Forest
Help and support for family/unpaid carers

Tel: 01794 519495

Relatives Association
For people with relatives in residential care

Tel: 02073 598136

LUNCHEON CLUBS AND SOCIAL ACTIVITIES

Dibden Luncheon Club and Social Club
St Andrews Church
Dibden

Tel: 023 8084 0529/07932 459 758

Lunch Mondays £2.50
Trips and social atmosphere £7.50 per week to cover transport

Horrill Centre
Dibden

Alternate Sundays - 3 course with transport £5.00, without transport £4.00
Pre booked only

Hythe Luncheon Club
St Johns Hall
Hythe
Weds 12-1pm No Transport

Tel: 023 8084 4336

Mens Breakfast Club
Cornerstones United Reform Church
Every 6 weeks 8.30am-10am

Tel: 023 8089 0091

Pop in Coffee Morning
Methodist Church Hall
Mon 10am

Tel: 023 8089 1679

Marchwood Tea Dance
2nd & 3rd Saturday

Tel: 023 8089 8879

Hythe parish Hall
Weds 2-4pm

Solid Silver Club
Marchwood
Weds fortnightly

Tel: 023 8086 1819

Womens Guild
St John's Hall
Hythe
Mon 2.30pm

Tel: 023 8084 4336

Scrabble Club
St John's Hall
Hythe
Weds 1pm

Tel: 023 8089 3973

HYADS
Speakers and Social Events
1st and 3rd Friday

Tel: 023 8084 2537

Helen Young's Dance Group
Fun with Fitness for the young at heart
Mon Evenings

Tel: 023 8084 3435

Travel Club
Places and trips for all ages (no meetings)

Tel: 023 8086 5071

Groundswell Southampton
Working with people with HIV

Tel: 023 8063 1651

Body Positive Bournemouth
Drop in centre and advice HIV

Tel: 01202 297386

Positive Action Southampton
Advice and drop in HIV

Tel: 023 8022 5511

Tel: Helpline 01252 345 019

info@positiveaction.org.uk