

# 60 *plus* In GOSPORT

Local directory with information for older people, their family, friends, carers and neighbours



**GOSPORT**  
Borough Council



Gosport  
Older  
Persons  
Forum



**Gosport**  
**Voluntary**  
**Action**



# INTRODUCTION

Gosport Borough Council, Gosport Older Persons Forum and Gosport Voluntary Action are working together to improve access to information and advice for older people in the Borough of Gosport.

The information provided in this directory is for older people, their families, friends & carers. We have made every effort to check that the information in this publication is up to date. Please contact Gosport Borough Council if any information is not correct.

This directory is also available online at the Council's website, visit [www.gosport.gov.uk](http://www.gosport.gov.uk)

A lot of information is now online and instantly available on organisation websites. If you need help accessing the internet to view websites, your local library has IT equipment that can be used for free. Some libraries also have accessible equipment for ease of use for people with visual impairment or physical disability. If you're unfamiliar with using a computer or need to brush up on your skills, the library service and St Vincent College run basic and advanced computing courses. Some of the courses are free of charge and are held in various locations around the borough.

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## 1. KEY ORGANISATIONS

### **Age Concern Gosport**

Advice and information on local services, and help with completing forms. Open Monday to Friday, 10am – 12noon.  
Tel : 023 9260 4699 or visit us at Gosport Voluntary Action, Martin Snape House, 96 Pavilion Way, Gosport, PO12 1FG.  
Email: [info@ageconcerngosport.org.uk](mailto:info@ageconcerngosport.org.uk)

### **Age Concern (Hampshire)**

Advice and information on local services.  
Tel: 0800 328 7154  
Email: [info@ageconcernhampshire.org.uk](mailto:info@ageconcernhampshire.org.uk)  
Website: [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

### **Age UK**

Age UK is an international charity who aim to improve later life for everyone through providing information and advice, campaigns, products, training and research.  
Tel: 0800 055 6112  
Website: [www.ageuk.org.uk](http://www.ageuk.org.uk)

### **Connect to Support Hampshire**

Website dedicated to providing information and advice on a range of support services and organisations within the County.  
Website: <https://www.connecttosupporthampshire.org.uk/>

### **FirstStop**

Advice for older people on housing, care & support, finance & your rights.  
Tel: 0800 377 7070  
Website: [www.firststopcareadvice.org.uk](http://www.firststopcareadvice.org.uk)



# 1. KEY ORGANISATIONS

## **Gosport Borough Council**

For all Council service enquiries including Housing, Planning, Council Tax and Benefits, Environmental Health, Land Management, Car Parks, Waste Collection etc.

Tel: 023 9258 4242 (Main Switchboard)

Tel: 08000 198598 (Streetscene)

Email: [enquiries@gosport.gov.uk](mailto:enquiries@gosport.gov.uk)

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)

## **Gosport Citizens Advice**

Free, impartial, confidential advice on a range of issues including; debt, benefits, housing, employment, the law, immigration, discrimination and consumer rights. Gosport Citizens Advice can be found at Martin Snape House, 96 Pavilion Way, Gosport.

Telephone Advice is available on 03444 111 306

Tel: 023 9252 0112 (for information about how to access the service or for special requirements)

Website: [www.gosportcab.org.uk](http://www.gosportcab.org.uk) or [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## **Gosport Older Persons Forum**

Campaigning on issues that matter to older people to influence change and improve services. Write to them c/o Gosport Voluntary Action, Martin Snape House, 96 Pavilion Way, Gosport, PO12 1FG.

E-mail: [gosportopforum@hotmail.co.uk](mailto:gosportopforum@hotmail.co.uk)





# 1. KEY ORGANISATIONS

## **Gosport Voluntary Action**

An independent charity which provides support to voluntary organisations and community groups, as well as providing services and facilities for disadvantaged people, particularly those who are older or have disabilities.

Tel: 023 9258 3836 or visit Martin Snape House, 96 Pavilion Way, Gosport

Email: [office@gva.org.uk](mailto:office@gva.org.uk)

Website: [www.gva.org.uk](http://www.gva.org.uk)

## **GOV.UK**

UK Government website with for all services and information.

Website: [www.gov.uk](http://www.gov.uk)

## **Hampshire County Council**

For all Council service enquiries including Social Care, Public Health, Transport, Roads, Libraries, Education, Waste and Recycling etc.

Tel: 0300 555 1375

Website: [www.hants.gov.uk](http://www.hants.gov.uk)

## **NHS Choices**

Health news, advice, information, services near you, and symptoms checker.

Tel: 111

Website: [www.nhs.uk](http://www.nhs.uk)

## **Silverline**

Free and confidential helpline for older people. Open 24 hours a day, seven days a week.

Tel: 0800 4 70 80 90

Website: [www.thesilverline.org.uk](http://www.thesilverline.org.uk)



## 2. HEALTH & SUPPORT

### **Administration and Health Providers**

#### **Fareham & Gosport Clinical Commissioning Group**

Clinical Commissioning Groups (groups of GP's) are responsible for commissioning health services including hospital services, community health services, mental health and learning disability services and emergency and urgent healthcare.

Tel: 023 9228 2063

Email: [fgccg.enquiries@nhs.net](mailto:fgccg.enquiries@nhs.net)

Website: [www.farehamandgosportccg.nhs.uk](http://www.farehamandgosportccg.nhs.uk)

#### **Gosport War Memorial Hospital**

A number of healthcare services are provided from the Gosport War Memorial Hospital, located in Bury Road, Gosport. The Minor Injuries Unit and Out-of-Hours GP service is also within the hospital. For department telephone numbers, check the website.

Tel: 023 9252 4611 (Main Reception)

Tel: 111 for Minor Injuries Unit and Out-of-Hours GP Service

Website: [www.southernhealth.nhs.uk/services/communityhealth-services/hospitals/gosport/](http://www.southernhealth.nhs.uk/services/communityhealth-services/hospitals/gosport/)

#### **Healthwatch Hampshire**

Providing citizens and communities a stronger voice to influence and challenge how health and social care services are provided within their locality. Healthwatch volunteers are based in all Citizens Advice Bureaus in Hampshire.

Tel: 01962 440 262

Email: [enquiries@healthwatchhampshire.co.uk](mailto:enquiries@healthwatchhampshire.co.uk)

Website: [www.healthwatchhampshire.co.uk](http://www.healthwatchhampshire.co.uk)





## 2. HEALTH & SUPPORT

### **Message in a Bottle Scheme**

The Message in a Bottle Scheme is a simple idea designed to encourage people living on their own to keep their basic personal and medical details in a common location where they can be found in an emergency. The scheme is free and is provided by Lions Clubs in South Hampshire.

Tel: 023 9260 2947

Website: [www.croftonlions.org.uk/index/messageinabottle](http://www.croftonlions.org.uk/index/messageinabottle)

### **Public Health Hampshire**

Department of Hampshire County Council responsible for determining the health and wellbeing priorities for Hampshire, and for delivering specific public health services for the county such as sexual health services, NHS Health Checks and the National Child Measurement Programme, public health advice to NHS Commissioners and health protection.

Email: [public.health@hants.gov.uk](mailto:public.health@hants.gov.uk) or Phone 0300 555 1386

Website: [www3.hants.gov.uk/healthandwellbeing/public-health](http://www3.hants.gov.uk/healthandwellbeing/public-health)

### **Queen Alexandra Hospital**

Portsmouth Hospitals Trust provides a range of acute health services at QA Hospital, including the Emergency Department, located in Cosham, Portsmouth.

Tel: 023 9228 6000 (Main Switchboard)

Website: [www.porthosp.nhs.uk](http://www.porthosp.nhs.uk)

### **Queen Alexandra Hospital – getting there**

The Gosport Older Persons Forum has developed a useful transport leaflet which includes details of how to get to QA Hospital from Gosport if you do not have your own vehicle.

Website: [www.gosport.gov.uk/sections/community/health-and-wellbeing](http://www.gosport.gov.uk/sections/community/health-and-wellbeing)



## 2. HEALTH & SUPPORT

### **Say It Once**

Website service enabling users to record personal information about health, medication, emergency contact details, care needs and personal wishes. Forms are useful in a variety of circumstances, for example, hospital visits, or in an emergency situation away from home. Forms can also be printed off and filled in or sent to you by post.

Tel: 01794 519495

Website: [www.sayitonce.info](http://www.sayitonce.info)

### **Carers**

Carers and family support (Hampshire County Council Adult Services)

Information, advice and support for carers, family members and those working in the care sector.

Tel: 0300 555 1386

Website: [www3.hants.gov.uk/adult-services/carechoice/carers](http://www3.hants.gov.uk/adult-services/carechoice/carers)

### **Carers Together**

Hampshire-wide network of carer support organisations, free carer support helpline and online information and advice for carers.

Tel: 01794 519495

Tel: 0800 323 456 (Carers Listening Helpline Mon - Fri 10am - 8pm, Weekends & Bank holidays 10am - 4.30pm)

Website: [www.carerstogether.org.uk](http://www.carerstogether.org.uk)





## 2. HEALTH & SUPPORT

### **My Ageing Parent**

A website dedicated to providing information for carers of older people.

Website: [www.myageingparent.com](http://www.myageingparent.com)

### **The Princess Royal Trust for Carers in Hampshire**

Charity providing information, advice, guidance and support to carers.

Tel: 01264 835246

Website: [www.carercentre.com](http://www.carercentre.com)

### **Cancer Support**

#### **Cancer Research UK**

Charity that funds research to help beat cancer sooner, as well as providing cancer information to the public.

Tel: 0808 800 4040 (information helpline)

Website: [www.cancerresearchuk.org](http://www.cancerresearchuk.org)

#### **Harbour Cancer Support Centre**

Practical and emotional support for anyone affected by cancer. Ring to find out about drop in-centre, befriending, counselling and other services.

Tel: 023 9250 1503

Website: [www.harbourcancer.org.uk](http://www.harbourcancer.org.uk)



## 2. HEALTH & SUPPORT

### **Haslar Bosom Buddies -**

Local cancer support group for patients, family and friends. Meet at St.Marys Parish Centre, Green Road, Alverstoke, 7pm-9pm on the 1st Monday of the month except for bank holidays. Providing practical support and a sympathetic ear, fun activities and enjoying varied interests.

Tel: 07715 975528

### **Macmillan Information and Support Centre**

Drop-in centre available to anyone with concerns about cancer, located at Queen Alexandra Hospital, Cosham. Comprehensive information on all aspects of living with cancer and treatment information, with links to Cancer Nurse Specialists and Allied Health Professionals.

Tel: 023 9228 3323

Website: <http://www.porthosp.nhs.uk/departments/maxfac/Macmillan-Centre/Macmillan-Information-and-Support-Centre.htm>

### **Wessex Cancer Trust Support Centre**

Support centre located at 77-79 High Street, Cosham. A listening ear and support, as well as a range of free counselling and complementary therapies.

Tel: 023 9232 6511

Website: [www.wessexcancer.org.uk](http://www.wessexcancer.org.uk)





## 2. HEALTH & SUPPORT

### **Healthy Living**

#### **Change 4 Life**

Tips and support on making healthy changes to the way you live by eating better, cutting down on bad habits and getting a bit more active.

Tel: 0300 123 4567

Website: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

#### **NHS Health Check**

Talk to your GP surgery about having a FREE NHS Health Check, available to anyone aged 40-74 years of age to find out how you can improve your health.

Website: [www.hants.gov.uk/healthcheck](http://www.hants.gov.uk/healthcheck)

#### **One You**

Website packed with practical tips, tools and free apps to help you improve your health.

Website: [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

#### **Quit for Life**

FREE support to quit smoking with the Hampshire Stop Smoking Service.

Tel: 0845 602 4663

Website: [www.quit4life.nhs.uk](http://www.quit4life.nhs.uk)

#### **Sexual Health & Contraception**

Visit the website or contact the helpline to find out about services near you.

Tel: 0300 300 2016

Website: [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)



## 2. HEALTH & SUPPORT

### **Hearing Loss**

#### **Action on Hearing Loss**

Support and advice with hearing loss, and help to protect hearing.

Tel: 0808 808 0123 (freephone) Textphone: 0808 808 9000

Website: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

#### **Deafplus**

Advice, support and advocacy for people with hearing loss.

Tel: 01252 316005

Website: [www.deafplus.org](http://www.deafplus.org)

#### **Fareham & Gosport Lip Readers**

Provide professional tutors to teach adults lip reading skills and hearing loss management.

Website: [www.fglipreaders.org.uk](http://www.fglipreaders.org.uk)

### **Mental Wellbeing**

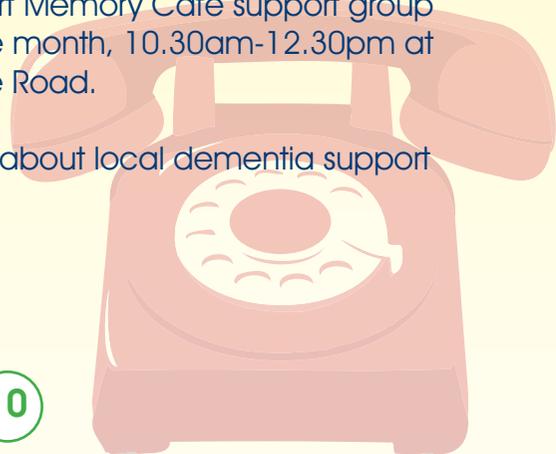
#### **Alzheimer's Society**

Information and support. Gosport Memory Café support group meets every third Tuesday of the month, 10.30am-12.30pm at Christchurch Parish Centre, Stoke Road.

Tel: 0300 222 1122 (Helpline)

Tel: 023 9289 2035 (Information about local dementia support services & groups)

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





## 2. HEALTH & SUPPORT

### **Combat Stress**

Veterans' mental health charity.  
Tel: 0800 138 1619 (24 hour helpline)  
Website: [www.combatstress.org.uk](http://www.combatstress.org.uk)

### **italk**

Talking therapy service available to anyone 16 years and over who is experiencing: - Generalised anxiety disorder, Obsessive compulsive disorder (OCD), Panic disorder, Post-traumatic stress disorder (PTSD), Social phobia, Agoraphobia. Referral via GP or self-referral via form on the website.  
Tel: 023 8038 3920  
Website: [www.italk.org.uk](http://www.italk.org.uk)

### **Fareham & Gosport MIND**

Local service providing information, advice and support.  
Tel: 01329 281445  
Website: [www.farehamandgosportmind.org.uk](http://www.farehamandgosportmind.org.uk)

### **Relate (Portsmouth & District)**

Provide relationship support services for couples, individuals, families and carers in Gosport, Portsmouth & SE Hampshire.  
Tel: 023 9282 7026  
Website: [www.relate.org.uk/portsmouth](http://www.relate.org.uk/portsmouth)



## 2. HEALTH & SUPPORT

### **Neurological Conditions**

Gosport Stroke Association

Friendly social group for people who have suffered a stroke and their carers. The Old Railway, Spring Garden Lane, Gosport every Thursday, 3pm - 5pm. Transport if needed.

Tel: 023 9258 3798

### **Hampshire Friends with ME**

Support group and services run by and for sufferers of ME/CFS and their carers and families.

Website: [www.friendswithme.org.uk](http://www.friendswithme.org.uk)

### **Headway Portsmouth and South East Hampshire**

Works with people in the community who have experienced Brain Injury and their families/carers; providing personalised advice, information and practical support to assist rehabilitation, and maximise recovery and independence. Referral via appropriate medical professional or self-referral with GP support.

Tel: 02392 664972

Email: [info@headwayportsmouth.co.uk](mailto:info@headwayportsmouth.co.uk)

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

### **Parkinson's UK**

Information and advice on Parkinson's. Local support worker can offer help to access information, provide advocacy, help with benefits, and liaison with health or care professionals.

Helpline Tel: 0808 800 0303

Email: [adviser8.southcentral@parkinsons.org.uk](mailto:adviser8.southcentral@parkinsons.org.uk)

Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)





## 2. HEALTH & SUPPORT

### **Physical Disability**

#### **Disability Information Centre**

DIC is a one stop shop for free information on all disability issues, located at Shopmobility, Osborn Road, Fareham.

Tel: 01329 282929

Website: [www.actionfareham.org.uk](http://www.actionfareham.org.uk)

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

Group that campaigns for improved access to services across the Borough, raise awareness and ensure disabled people are fully involved in the decision making process.

Tel: 07847 228394

Email: [gospportaccessgroup@hotmail.co.uk](mailto:gospportaccessgroup@hotmail.co.uk)

Website: [www.gospportaccessgroup.org.uk](http://www.gospportaccessgroup.org.uk)

#### **Specific groups and support**

(Refers to condition-related groups or those that have a focus on particular topics)

#### **Chrysalis**

Charity with meeting centres for transitioning transgender (transsexual) adults, providing counselling, support and life skills workshops.

Tel: 01489 589111

Email: [info@chrysalis-gji.co.uk](mailto:info@chrysalis-gji.co.uk)

Website: [www.chrysalis-gji.co.uk](http://www.chrysalis-gji.co.uk)



## 2. HEALTH & SUPPORT

### **Fareham & Gosport Diabetes UK Group**

Local group providing help and support for people with diabetes and their families and carers.

Tel: 0345 123 2399 (national UK office)

Website: [www.fareham.diabetesukgroup.org](http://www.fareham.diabetesukgroup.org)

### **Live Well With COPD**

Charity providing support and guidance to people in Gosport and Fareham with Chronic Obstructive Pulmonary Disease (COPD). Meet monthly and have social events.

Tel: 07468 054992

Website: [www.lwcopd.co.uk](http://www.lwcopd.co.uk)

### **Partners through Pain**

Support group for sufferers of chronic pain.

Tel: 07933 040680

Email: [johnfaulkner25.jf@gmail.com](mailto:johnfaulkner25.jf@gmail.com)

Website: [www.partnersthroughpain.co.uk](http://www.partnersthroughpain.co.uk)

Facebook: 'Gosport Partners Through Pain'

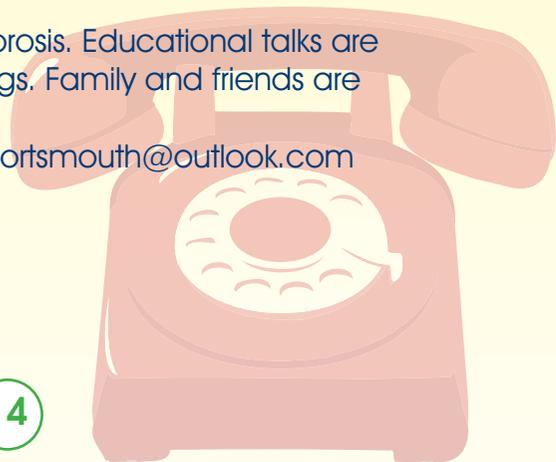
### **Portsmouth and S.E. Hants Osteoporosis Support Group**

Support for people with Osteoporosis. Educational talks are provided at our monthly meetings. Family and friends are welcome to attend.

Tel: 01329 833114 email: [nosportsmouth@outlook.com](mailto:nosportsmouth@outlook.com)

Helpline: 0808 800 0035

Website: [www.nos.org.uk](http://www.nos.org.uk)





## 2. HEALTH & SUPPORT

### **Visual Impairment**

#### **Blind Club**

Social club for blind and visually impaired people living in the Borough. Bury House, Bury Road, most Tuesdays 3pm - 4.30pm. Free transport if needed door-to-door. £1 for tea & biscuits. Tel: 02392 521025

#### **Fareport Talking News**

Talking Newspapers and Magazines produced for blind and visually impaired listeners. FREE service.

Tel: 01329 664364

Website: [www.talkingnews-fareport.org.uk](http://www.talkingnews-fareport.org.uk)

#### **Gosport Macular Peer Support Group**

The Macular Society supports local self-help groups.

The Gosport group meets at Christ Church, Stoke Road, on the 2nd Friday of the month 1.30pm to 3.30pm from October to March; and 2pm to 4pm from April to September. The group meet to share experiences, socialise and have guest speakers.

Macular Society Helpline: 0300 3030 111

Website: [www.macularsociety.org](http://www.macularsociety.org)



## 2. HEALTH & SUPPORT

### **Open Sight**

Provide information, advice and guidance for people who are or at risk of losing their sight. Service providing low vision assessments, equipment, advice and support to apply for benefits. Social Club that meets 4th Tuesday of the month between 2pm – 4pm at Salvation Army Hall, The Crossways, Gosport.

Tel: 02380 641244

Email: [info@opensight.org.uk](mailto:info@opensight.org.uk)

Website: [www.opensight.org.uk](http://www.opensight.org.uk)

### **Royal National Institute of Blind People (RNIB)**

Support, information and advice for people with sight loss.

Tel: 0303 123 9999

Website: [www.rnib.org.uk](http://www.rnib.org.uk)





## 3. MAINTAINING INDEPENDENCE

### **Befriending Service (Gosport Voluntary Action)**

Service providing support to older people in their own home, via a personal visit or telephone call on a weekly basis. CHAT (Come Here And Talk) Groups are also run for groups of 4 older people in the host's home for tea and chat.

Tel: 023 9260 4681

Email: [befriender@gva.org.uk](mailto:befriender@gva.org.uk)

Website: [www.gva.org.uk/individuals/support-services/befriending](http://www.gva.org.uk/individuals/support-services/befriending)

### **British Red Cross**

Service providing short-term loans of mobility aids to people in need, including wheelchairs, commodes, walking sticks and frames.

Tel: 02392 794741

Website: [www.redcross.org.uk](http://www.redcross.org.uk)

### **Cinnamon Trust**

National charity providing information and practical support for elderly people and their pets.

Tel: 01736 757900

Website: [www.cinnamon.org.uk](http://www.cinnamon.org.uk)

### **Disabled Adaptations**

If your home needs adapting to suit your mobility or disability needs, you may be eligible for grant funded adaptations to your home. Contact the Occupational Therapy Team at Adult Services, Hampshire County Council to discuss your situation, or for general advice.

Tel: 0300 555 1378

Email: [OTDirect@hants.gov.uk](mailto:OTDirect@hants.gov.uk)

Website: [www3.hants.gov.uk/equipmentandadaptations](http://www3.hants.gov.uk/equipmentandadaptations)



## 3. MAINTAINING INDEPENDENCE

### **Gosport Community Alarm Service**

'Lifeline' alarm service provided by Gosport Borough Council for older people in the community, providing peace of mind. The service is a telephone-based alarm system that is provided 24 hours a day, every day of the year.

Tel: 023 9252 9308 or 023 9254 5453

Email: [communityalarms@gosport.gov.uk](mailto:communityalarms@gosport.gov.uk)

Website: [www.gosport.gov.uk/sections/your-council/councilservices/housing/older-persons-services/community-lifelines/](http://www.gosport.gov.uk/sections/your-council/councilservices/housing/older-persons-services/community-lifelines/)

### **Gosport Live at Home Scheme**

Befriending and support service enabling older people to remain independent in their own homes. Access to social activities and transport provided when needed.

Tel: 01 329 234409

Email: [Gosport.LiveatHome@mha.org.uk](mailto:Gosport.LiveatHome@mha.org.uk)

### **Guide to Better Care and Support**

Practical information about getting help for people who want to go on living at home and for families and other carers, including A - Z of home care organisations. Request a copy of this guide by contacting Hampshire County Council.

Tel: 0300 555 1386

Website: [www3.hants.gov.uk/adult-services](http://www3.hants.gov.uk/adult-services)

### **Meals delivered at home**

For information about local firms who can deliver meals, contact Gosport Voluntary Action, details in 'Key Organisations' section.





## 3. MAINTAINING INDEPENDENCE

### **Meals on Wheels**

The Meals on Wheels service provided by Hampshire County Council is available to any person over 55, subject to some criteria. Referrals can be made online via the Hampshire County Council website or ring to discuss eligibility.

Tel: 0300 555 1386

Website: [www3.hants.gov.uk/adultsocialcare/meals-on-wheels](http://www3.hants.gov.uk/adultsocialcare/meals-on-wheels)



## 4. HOUSING & HOME MAINTENANCE

### **Affordable Warmth**

Grant scheme to provide energy-saving home improvements like new boilers and insulation, to people on low incomes and/or on certain benefits.

Website: [www.affordablewarmthgrants.co.uk](http://www.affordablewarmthgrants.co.uk)

### **Buy with Confidence (Trading Standards)**

This scheme is a partnership of local authority trading standards services providing details of approved traders in Hampshire.

Tel: 03454 04 05 06

Email: [admin@buywithconfidence.gov.uk](mailto:admin@buywithconfidence.gov.uk)

Website: [www.buywithconfidence.gov.uk](http://www.buywithconfidence.gov.uk)

### **Chartered Trading Standards Institute**

Website providing advice on your rights and how to avoid fake goods and rogue traders in the UK, shop safely across European borders and online.

Tel: 03454 04 05 06 (Consumer Helpline)

Website: [www.tradingstandards.uk](http://www.tradingstandards.uk)

### **EAC Housing Options (Elderly Accommodation Counsel)**

EAC is the Elderly Accommodation Counsel running a housing advisory service and hosting a database of information about almost all accommodation available for older people in the UK, to buy or to rent.

Tel: 0800 377 7070

Website: [www.housingcare.org](http://www.housingcare.org)

### **Energy Saving Trust**

The Energy Saving Trust is a non-profit organisation that provides





## 4. HOUSING & HOME MAINTENANCE

free and impartial advice on how to save energy and therefore money.

Tel: 0300 123 1234

Website: [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

### **Gosport Choice**

Social housing for rent via Gosport Borough Council and partner providers. Properties available for rent are advertised on a weekly basis and customers need to be on the Joint Housing Register to be able to bid.

Tel: 023 9254 5682

Website: [www.gosport.gov.uk/sections/your-council/council-services/housing/finding-a-home/council-housing/](http://www.gosport.gov.uk/sections/your-council/council-services/housing/finding-a-home/council-housing/)

### **Gosport Voluntary Action**

Home maintenance and home help services including garden maintenance, small decorating jobs, basic DIY, housework and shopping.

### **Gosport Gardens and Decorating & Repair Team (DART)**

Tel: 023 9250 3871

Email: [dart.gardens@gva.org.uk](mailto:dart.gardens@gva.org.uk)

### **Dustbusters**

Tel: 023 9260 1314

Email: [dustbusters@gva.org.uk](mailto:dustbusters@gva.org.uk)

Website: [www.gva.org.uk/individuals/support-services/cleaning](http://www.gva.org.uk/individuals/support-services/cleaning)



## 4. HOUSING & HOME MAINTENANCE

### **Guide to Residential Care**

For a directory of care homes in Hampshire, contact Adult Services; or call in at Gosport Voluntary Action, Martin Snape House, Pavillion Way, Gosport.

Tel: 0300 555 1386 (Adult Services)

Website: [www3.hants.gov.uk/adult-services](http://www3.hants.gov.uk/adult-services)

### **Housing Options Service**

Free, impartial and confidential advice service provided by the Council, to give help and assistance with housing and homelessness problems.

Tel: 023 9258 4242

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)

### **Sheltered Accommodation (Council)**

Sheltered housing schemes offer a group of dwellings with amenities for all residents, including; communal lounge, laundry facilities, guestroom, and communal gardens.

Tel: 023 9258 4242

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)

### **The Environment Centre**

Independent charity offering advice to individuals and organisations on energy efficiency. Information on price comparisons for the utility companies, as well as how to get the best deal or discount available.

Tel: 0800 804 8601 (Home Energy Efficiency Advice) or 02380 336172 (General Enquiries)

Email: [staywarm@environmentcentre.com](mailto:staywarm@environmentcentre.com)

Website: [www.environmentcentre.com](http://www.environmentcentre.com)





## 5. LEARNING & LEISURE

### **Brendoncare - Club Hampshire**

Variety of social activities and outings, check website for what's on each day. Refreshments included and transport can be arranged if required. Based at Club Hampshire Centre, The Anchorage, Willis Road, Gosport. A charge applies.

Tel: 01962 857099

Website: [www.brendoncare.org.uk](http://www.brendoncare.org.uk)

### **Brune Park Community School**

Leisure and sports facilities also including pool, gym, courts and group exercise.

Tel: 023 9261 6000 ext 250

Website: [www.brunepark.co.uk](http://www.brunepark.co.uk)

### **Gosport Community Association**

Social and educational groups and members bar. A fee is required. Located at Thorngate Hall, Bury House, Bury Road, Gosport.

Tel: 023 9251 0012

Email: [reception@thorngatehalls.co.uk](mailto:reception@thorngatehalls.co.uk)

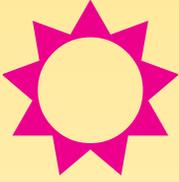
Website: [www.thorngatehalls.co.uk](http://www.thorngatehalls.co.uk)

### **Gosport Discovery Centre**

Full library service, free internet access, regular dance, music, theatre and literary events, coffee shop, education classes. Some free services. Charges for classes apply but discounts are available.

Tel: 0300 555 1387

Website: [www.hants.gov.uk/library](http://www.hants.gov.uk/library)



## 5. LEARNING & LEISURE

### **Gosport Info**

Information website about Gosport, including useful organisations, clubs, churches, businesses, local history and more. Gosport groups can also have information added free of charge.

Tel: 023 9252 3358

Website: [www.gosport.info](http://www.gosport.info)

### **Gosport in Bloom**

Local campaign to encourage all sectors of the community to become actively involved in enhancing the Borough, making it a more pleasant, prettier place in which to live and work. Annual competitions too.

Tel: 0800 0 198 598

Email: [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk)

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)

### **Gosport Leisure Centre**

Offers a range of leisure facilities including; swimming pool, fitness gym, sports hall, sauna and steam room, all-weather pitches and much more. 50+ sessions and Walking Football also available.

Tel: 023 9253 4950

Website: [www.placesforpeopleleisure.org](http://www.placesforpeopleleisure.org)

### **Gosport Local History Club**

Local history talk, followed by lunch, held every 3rd Thursday of the month during term time, 12 - 2pm at Christchurch Parish Centre, Stoke Road, Gosport.

Tel: 023 9252 9518

Email: [dot.bedenham@gmail.com](mailto:dot.bedenham@gmail.com)





## 5. LEARNING & LEISURE

### **Gosport Shed**

The Gosport Shed provides workshop facilities and a friendly meeting place for older men. It is available for community projects and for members' own projects and hobbies and is located within the grounds of St Vincent College, Mill Lane, Gosport. A small membership fee applies.

Email: [gosportshed@gmail.com](mailto:gosportshed@gmail.com)

Website: [www.thegosportshed.co.uk](http://www.thegosportshed.co.uk)

### **Juniper Court Extra Care Housing Scheme**

Facilities (including a restaurant) offering social activities open to the wider community, such as; coffee mornings, bingo, seated exercise, tai chi, art class, games, table tennis and more.

Tel: 01329 220597

### **Lee-on-the-Solent Residents Association**

This group holds a Community BOOST event on a Wednesday morning of each month. The group also represents the views of residents on planning, health and other matters.

Website: [www.leeresidents.org.uk](http://www.leeresidents.org.uk)

### **Social Activities and Lunch Clubs**

There are many local community groups and churches providing social activities and lunch clubs in the area, but it is not possible to list them all here. Please contact the group directly for details. Some transport may be available and charges may apply.

### **Bridgemary Methodist Church, Gregson Avenue, Bridgemary**

Tel: 01329 234409

### **Brockhurst Baptist Church, Netherton Road**

Tel: 023 9251 1011

### **HEDCA, Coombe Road, Elson**

Tel: 023 9258 8023 or visit [www.hedca.co.uk](http://www.hedca.co.uk)



## 5. LEARNING & LEISURE

### **Family Church Gosport, Layton Road, Bridgemary**

Tel: 01329 236903

### **Lee Methodist Church, High Street, Lee-on-the-Solent**

Tel: 023 9255 0079

### **Salvation Army, The Crossways, Forton Road**

Tel: 023 9252 4349 or visit [www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

### **St. Faiths Church, Victoria Square, Lee-on-the-Solent**

Tel: 023 9255 6445 or visit [www.stfaithslee.org](http://www.stfaithslee.org)

### **St Matthews Church, Wych Lane, Bridgemary**

Tel: 01329 822487

### **Stoke Road Methodist Church**

Tel: 023 9252 6768 or visit

[www.gosportmethodistchurch.btck.co.uk](http://www.gosportmethodistchurch.btck.co.uk)

### **St Vincent College**

Wide variety of adult education and community learning opportunities, as well as a leisure centre.

Tel: 023 9258 3890

Website: [www.stvincent.ac.uk](http://www.stvincent.ac.uk)

### **Tourist Information Centre**

The Tourist Information Centre (TIC) can help with leaflets, maps, local guides, local bus information and services. They can also assist with booking tickets for local theatres, coach holidays, National Express coaches, accommodation, day trips and local events. The TIC is located at Gosport Bus Station, close to the Gosport Ferry.

Tel: 023 9252 2944

Email: [tourism@gosport.gov.uk](mailto:tourism@gosport.gov.uk)

Website: [www.discovergosport.gov.uk](http://www.discovergosport.gov.uk)

Twitter: [@moreGosport](https://twitter.com/moreGosport)





## 5. LEARNING & LEISURE

### **University of the Third Age**

Wide variety of groups e.g. music of all types, physical activity, such as walking & tai chi, theatre, history and more, plus general meetings. Annual membership fee payable in January. Small cost for each class & any expenses.

Website: [www.gosportu3a.hampshire.org.uk](http://www.gosportu3a.hampshire.org.uk)

### **Walking for Health**

Organised walks in local areas of interest. Contact Walking for Health to find out where to go near you and check on accessibility.

Website: [www.walkingforhealth.org.uk/walkfinder/farehamwalking-4-health](http://www.walkingforhealth.org.uk/walkfinder/farehamwalking-4-health)



## 6. MONEY

### **Direct Payments**

If you are eligible for care through Adult Services, and do not wish to use the care provided, Direct Payments is a payment from Hampshire County Council used to pay for care or services arranged by you, or someone acting on your behalf. You should contact your social worker to discuss further.

Tel: 0300 555 1386

Website: [www.hants.gov.uk/socialcareandhealth/adultsocialcare/payingforcare/directpayments](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/payingforcare/directpayments)

### **Gosport Citizens Advice**

See contact details in 'Key Organisations'.

### **Money Advice Service**

Free and impartial money advice service, set up by the government.

Tel: 0800 138 7777

Website: [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)

### **Parity Trust**

Working in partnership with Gosport Borough Council, Parity Trust offers a Home Improvement Loan designed to help homeowners access secured finance to pay for essential home repairs and adaptations. This can include topping up the costs not met by a Disabled Facilities Grant. Parity Trust advisors provide a full financial review and guide you through the home improvement process.

Tel: 023 9237 5921

Website: [www.paritytrust.org.uk](http://www.paritytrust.org.uk)





## 6. MONEY

### **SSAFA Forces Help (Soldiers, Sailors, Airmen and Families Association)**

Offer help and support to individuals and families of those who serve or have served in the Armed Forces.

Tel: 0800 731 4880

Website: [www.ssafa.org.uk](http://www.ssafa.org.uk)

### **The Pension Service**

The Pension Service is part of the Department for Work & Pensions. It provides information about pensions and pensioner benefits. Also use these contact details to enquire about the Winter Fuel Payment and the Cold Weather Payment.

Website: [www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service)

### **The Pensions Advisory Service**

Free and impartial information, help and advice on pensions.

Tel: 0300 123 1047

Website: [www.pensionsadvisoryservice.org.uk](http://www.pensionsadvisoryservice.org.uk)

### **Veterans Welfare Service**

Veterans UK administers the armed forces pension schemes and compensation payments for those injured or bereaved through service.

Tel: 0808 19 14 218

Website: [www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

# 7 SAFETY

## **Electricity Emergency (National Grid)**

Contact if you spot a potential hazard on or near an overhead electricity line.

General advice is available on the website.

Tel: 0800 40 40 90

Website: [www.nationalgrid.com/uk](http://www.nationalgrid.com/uk)

## **Gas Emergency (National Grid)**

Contact if you smell gas or suspect carbon monoxide, or want to report a fire or explosion. General advice is available on the website.

Tel: 0800 111 999

Website: [www.nationalgrid.com/uk](http://www.nationalgrid.com/uk)

## **Gas Safe Register**

Official list of gas engineers who are qualified to work safely and legally on gas appliances.

Tel: 0800 408 5500

Website: [www.gassaferegister.co.uk](http://www.gassaferegister.co.uk)

## **Hampshire Bobby Scheme**

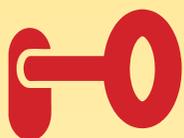
Crime-prevention and home safety survey, including fitting of appropriate security items for elderly or vulnerable people.

Tel: 0300 777 0157

Website: [www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk)

## **Hampshire Constabulary**

Police force serving Gosport, including crime prevention advice and local community policing teams. For emergencies dial 999 i.e. a crime is in progress, there is danger to life, violence is being used or threatened, someone suspected of a crime is



## 7 SAFETY

nearby. Tel 101 to report non-emergency matters i.e. to report a crime that doesn't need an urgent response, for general advice, information and feedback on police matters, to arrange a visit by an officer, to give information about a crime in the area, if you'd like to speak to your local police officer, to find out about beat surgeries or other police events in your area or to get an update on a crime if you have been a victim.

Website: [www.hampshire.police.uk](http://www.hampshire.police.uk)

### **Hampshire Highways**

County Council service responsible for roads, road maintenance, traffic, road safety, street lighting, pavements, licences, disabled bays and blue badges and grounds maintenance on the highway.

Tel: 0300 555 1375

Email: [roads@hants.gov.uk](mailto:roads@hants.gov.uk)

Website: [www.hants.gov.uk/transport](http://www.hants.gov.uk/transport)

### **Hampshire Fire and Rescue Service**

'Safe & Well' visits to vulnerable people, as well as general fire safety advice.

Tel: 023 8062 6751, for emergencies dial 999

Email: use e-mail contact form on website

Website: [www.hantsfire.gov.uk](http://www.hantsfire.gov.uk)

### **Homecheck**

Home safety and security checks to people over the age of 60, or with a registered disability. Also available to families with children under 5 years of age.

Tel: 023 9254 5506

Email: [ehs@gosport.gov.uk](mailto:ehs@gosport.gov.uk)

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)

# 7 SAFETY

## **Mailing Preference Service**

Reduce the amount of junk mail delivered to you by contacting the MPS. This is a free service.

Tel: 0207 291 3310

Website: [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

## **Telephone Preference Service**

TPS is a free service. It is the official central opt out register on which you can record your preference not to receive unsolicited sales or marketing calls.

Tel: 0345 070 0707

Website: [www.tpsonline.org.uk](http://www.tpsonline.org.uk)

## **Victim Support**

Practical and emotional support, as well as referrals to other organisations, that can help if you have been a victim of crime. The services are free and available to everyone, whether or not the crime has been reported and regardless of when it happened.

Tel: 08 08 16 89 111

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

For local help and support, call Hampshire & Isle of Wight Victim Care Service on 02380 240 616





## 8. TRANSPORT

### **Blue Badge Disabled Parking Scheme**

The Blue Badge Scheme allows you to park closer to your destination if you're disabled.

Tel: 0300 555 1376

Email: [blue.badge@hants.gov.uk](mailto:blue.badge@hants.gov.uk)

Website: [www3.hants.gov.uk/transport](http://www3.hants.gov.uk/transport)

### **Concessionary Travel**

Older people resident in Hampshire, as well as people with specific disabilities, can receive free travel on local buses. The scheme is administered by Hampshire County Council.

Tel: 0300 555 1376

Website: [www3.hants.gov.uk/transport](http://www3.hants.gov.uk/transport)

### **Dial-a-Ride**

Door-to-door trips, Mon-Fri, 9am-4pm, fees apply for travel. Fares are similar to bus fares and cheaper if you have a bus pass.

Tel: 01329 223151

Website: [www.actionfareham.org.uk](http://www.actionfareham.org.uk)

### **Driving Force (Gosport Voluntary Action)**

Voluntary driving service for older people, or people who are disabled. Helps with things such as medical appointments and visiting clubs and friends.

Tel: 07722 743217

Email: [drivingforce@gva.org.uk](mailto:drivingforce@gva.org.uk)

### **First Group (Buses)**

Bus operator within Gosport and most of Hampshire.

Website: [www.firstgroup.com](http://www.firstgroup.com)



## 8. TRANSPORT

### **Gosport Older Persons Forum – Transport Leaflet**

Voluntary group providing a leaflet of transport options for travelling around the borough and local area, as well as how to get to local hospitals.

Email: [gospportopforum@hotmail.co.uk](mailto:gospportopforum@hotmail.co.uk)

Website: Search 'Gosport Older Persons Forum' on [www.gosport.gov.uk](http://www.gosport.gov.uk)

### **Lee ICANGO**

Community transport for local people.

Tel: 07787 292666

Email: [icangolee@outlook.com](mailto:icangolee@outlook.com)

Website: [stfaithslee.org/icango](http://stfaithslee.org/icango)

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

Provides transport for Lee-on-the-Solent residents who are elderly, housebound and incapacitated to hospital, medical appointments and miscellaneous requirements. A contribution is charged for the journeys based on return mileage.

Tel: 07807 267630

### **National Express**

Coach journeys throughout UK. Senior Coachcard and Disabled Coachcard costs £10 and you can get 1/3 off travel all year round. Contact helpline to discuss accessible travel arrangements at least 36 hours before you travel.

Tel: 08717 81 81 81 (Customer services)

Website: [www.nationalexpress.com](http://www.nationalexpress.com)





## 8. TRANSPORT

### **National Rail Enquiries**

Senior Rail Card for people over 60, costs £30 p/year and you can get 1/3 off ticket prices. Disabled Person's Rail Card costs £20 p/year and you can get 1/3 off travel for cardholder and companion.

Tel: 03457 48 49 50

Website: [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

Website: [www.disabledpersons-railcard.co.uk](http://www.disabledpersons-railcard.co.uk)

Website: [www.senior-railcard.co.uk/](http://www.senior-railcard.co.uk/)

### **Older Drivers Skills Scheme**

This scheme is aimed at people aged 60 years and over who have an interest in updating their driving skills and knowledge, want help in adapting to a new vehicle or simply want to gain confidence.

Tel: 01962 846100

Website: <https://www.hants.gov.uk/transport/roadsafety/drivertraining>

### **Patient Transport Service**

For hospital appointments. Arranged on your behalf by GP or outpatient clinic. Certain criteria applies. Speak to your GP or consultant.

### **Taxis**

Door-to-door service, can be booked in advance, some companies accept concessionary travel vouchers. Some taxis also take wheelchairs and small mobility scooters. Always ensure the taxi you use is licensed. See phone directory for local companies.

Website: [www.gosport.gov.uk](http://www.gosport.gov.uk)



Gosport Borough Council is committed to equal opportunities for all.

**If you need this document in large print, on tape, CD, in Braille or in another language, please ask.**

Last updated: February 2018

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**GOSPORT**  
Borough Council

