**Housing**

**Gosport**

**Directory of Services**

2019

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**Alcohol and Drugs**

**About Turn Project**

A multi-agency project run by Probation with the Society of St James and fully supported by the Police. Providing sessions for people open to Probation. This is no longer an open access ‘drop in’ facility. Based at Solent Evangelical Church, 365a Forton Road, Gosport – Tuesday 9:00-14:00

Referrals only accepted from Probation

Please contact Vickie Palmer on 07712 416335 or [victoriapalmer@interservefls.gse.gov.uk](mailto:victoriapalmer@interservefls.gse.gov.uk)

**Catch 22 Hampshire 24/7**

Specialist substance misuse treatment for young people under the age of 25 who feel that their drug or alcohol use is problematic. Psychosocial interventions, access to needle exchange, specialist harm reduction, relapse prevention, prescribing service, access to mentors and aftercare.

Referral Process – Anyone can refer to the service (including parents/young people) but the young person MUST consent to the referral. When referrals are received an appointment will be offered for assessment within 5 working days, with treatment commencing within 10 working days. Referral forms, eligibility and referral criteria available on request.

Please call 0845 459 9405 or [247hants@catch-22.org.uk](mailto:247hants@catch-22.org.uk)

**DrugFAM**

Supporting families, friends and partners affected by someone else’s drug or alcohol use; including those bereaved by addiction or related causes.

Referral Process - Self-referral

Please call 0300 888 3853 (7 days a week, 9am-9pm) or [office@drugfam.co.uk](mailto:office@drugfam.co.uk) or visit [www.drugfam.co.uk](http://www.drugfam.co.uk)

**Inclusion Recovery – Fareham Hub**

They provide a range of interventions that include advice and support, harm minimisation, medical and psychological support. The service is for anyone aged 25 years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.

They are based at Fareham Health Centre, open for client access:

Monday 10am-12pm and 2pm-4pm

* Tuesday 2pm-4pm and 5pm-6.30pm
* Wednesday 5pm-6.30pm
* Friday 10am-12pm
* Saturday 10am-12pm

Referral Process – Self referral or via other agencies

Please call 0330 124 0103 (Option 4) or email [inclusionhants@mpft.nhs.uk](mailto:inclusionhants@mpft.nhs.uk) or visit [www.inclusionhants.org](http://www.inclusionhants.org)

**Inclusion Recovery – Gosport Hub**

They provide a range of interventions that include advice and support, harm minimisation, medical and psychological support. The service is for anyone aged 25 years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.

They are based at 5-6 The Precinct, South Street, Gosport, open for client access:

* Monday 10am-12pm
* Thursday 10am-12pm and 2pm-4.30pm
* Friday 2pm-4pm
* Saturday 10am-12pm

Referral Process – Self-referral or via other agencies

Please call 0300 124 0103 (Option 9) or email [inclusion@mpft.nhs.uk](mailto:inclusion@mpft.nhs.uk) or visit [www.inclusion.org/support-for-under-25](http://www.inclusion.org/support-for-under-25)

**Autism**

**Community Access, Autism Hampshire**

They offer information and advice for adults, young people and children on the autism spectrum, their parents, carers and professionals. This service is available free of charge. Community Access Officers are available on the telephone, by email or appointment at the Southampton and Portsmouth Offices.

The team also provide resources such as the Autism Alert Programme ‘Try before you buy’. It is a resource lending service, local Autism Directory and a free lending library.

Referral process – Self-referral

Please contact 02380 766162 or [communityaccess@autismhampshire.org.uk](mailto:communityaccess@autismhampshire.org.uk) or visit [www.autismhampshire.org.uk/local-autism/directory](http://www.autismhampshire.org.uk/local-autism/directory)

**Bereavement**

**Cruse Bereavement Care**

Free confidential support for adults and children after the death of someone close. Support is provided via telephone, email or face to face.

Please contact 0808 808 1677 (Monday – Friday 9.30am-5pm and extended hours until 8pm on Tuesday, Wednesday and Thursday.

**DrugFAM**

Supporting families, friends and partners affected by someone else’s drug or alcohol use; including those bereaved by addiction or related causes.

Referral process – Self referral.

Please contact 0300 888 3853 (7 days a week, 9am-9pm) or visit [www.drugfam.co.uk](http://www.drugfam.co.uk)

**Simon Says Child Bereavement Support**

They offer bereavement support for children, young people and their families in Hampshire. The local group is based at Haven Children’s Centre, Gosport. Simon says offers a helpline; support groups for under 11’s and young people aged 11-17; befriending and counselling; information, resources and advice.

Referral process – Self-referral and referrals from professionals.

Please contact 02380 647550 or [info@simonsays.org.uk](mailto:info@simonsays.org.uk) or visit [www.simonsays.org.uk](http://www.simonsays.org.uk)

**Winston’s Wish**

They offer support and guidance for children and young people when someone important in their life has passed away.

Please contact 08088 020 021 or [info@winstonswish.org](mailto:info@winstonswish.org)

**Counselling**

**CIS’ters (Childhood Incest Survivors)**

They provide support for women aged 18 and over who were raped and/or sexually abused/exploited, as children, by a member of their immediate or extended family.

Referral process – Self-referral

Please contact 02380 338080 or [admin@cisters.org.uk](mailto:admin@cisters.org.uk) or visit [www.cisters.org.uk](http://www.cisters.org.uk)

**Frankie Workers**

Frankie Workers provide counselling for children and young people up to the age of 18 who have been victims of sexual abuse, sexual exploitation and female genital mutilation (FGM).

Referral process – Please contact the team on 02380 664786 and ask for a referral form. Consent for the referral must be made to the service and must be gained from the child, or their family, prior to contact being made.

Please contact 02380 664786 or [frankie@hants.gov.uk](mailto:frankie@hants.gov.uk)

**italk**

This free service helps people to improve their mental wellbeing. The service offers workshops to help with relaxation and managing day-to-day stress, guided self-help to empower you to move forward from feeling low or overwhelmed, and treatments for conditions such as depression, anxiety, obsessive compulsive disorder, phobias and post-traumatic stress disorder.

Referral process – GP referrals and self-referrals

Please contact 02380 383920 (Monday – Thursday 9am-6pm and Friday 9am-4.30pm) or [info@italk.org.uk](mailto:info@italk.org.uk) or visit [www.italk.org.uk](http://www.italk.org.uk)

**MOSAC**

They support all non-abusing parents and carers whose children have been sexually abused. They provide various types of support services and information for parents, carers and professionals dealing with child sexual abuse.

Please contact 0800 9801958 or [enquiries@mosac.org.uk](mailto:enquiries@mosac.org.uk) or visit [www.mosac.org.uk](http://www.mosac.org.uk)

**Moving on Project**

They offer a counselling service supporting young people from Fareham and Gosport for those aged 11-25.

Referral process – Self referral or via agency. If the referral is from an agency, there must be consent obtained from the young person before referring.

Please contact 01329 822331 or [info@the-mop.org](mailto:info@the-mop.org) or visit [www.the-mop.org](http://www.the-mop.org)

**PARCS – Portsmouth Abuse and Rape Counselling Service**

PARCS provide free specialist support, counselling and psychotherapy to survivors of sexual and/or domestic abuse (all genders aged 5 years and over).

To make a referral please call 02392 669513 or [admin@parcs.org.uk](mailto:admin@parcs.org.uk) or visit [admin@parcs.org.uk](mailto:admin@parcs.org.uk); to contact the Young Person’s service, please call 02392 669519

**Relate**

Services include: Relationship counselling for individuals and couples, sex therapy, family counselling, children’s and young people’s counselling and telephone counselling. In addition Relate also offer family mediation which offers a safe, confidential environment for you to make arrangements for the future following the end of a relationship. Legal Aid may be available for mediation (please contact the team to check if you are eligible).

Referral Process – Self-referral via email or telephone, or using the self-referral forms on [www.relate.org.uk/portsmouth](http://www.relate.org.uk/portsmouth)

Please contact 02392 827 026 (Monday –Thursday 8am-10pm, Friday 8am-6pm and Saturday 9am-5pm) or email [relate@relateportsmouth.org.uk](mailto:relate@relateportsmouth.org.uk)

**Domestic Abuse**

**ADAPT (Accredited Domestic Abuse Prevention Training)**

This is a 25 week programme for men aged 18+ who want to change their abusive behaviour towards a partner. The programme takes place with other men in a similar situation.

Referral Process – Self-referrals or individuals can be referred by agencies or Social Services via the website.

Please call 02380 009898 or [adapt@hamptontrust.org.uk](mailto:adapt@hamptontrust.org.uk)

**Break4change**

This 10 week programme aims to help the family break patterns where a young person in the home is: controlling the environment, being violent or aggressive towards a parent, being emotionally abusive to a parent and/or making threats to harm a parent over a sustained period of time.

The group is for parents/carers and young people aged 11-16 who are willing to make changes to how they communicate with each other and to improve home life, this is not an anger management programme for young people or carers.

There are two groups, one for the young people and one for the parents/carers which are run at the same time and at the same venue but in separate rooms. The young people will address the programme via creative art and the parent/carers will work in a safe and supportive group session.

The programme is by referral only and has limited spaces. The referrer will be required to complete a referral form and to continue to support the family while on the programme. Once a referral has been received a home visit will be conducted with the family, after the home visit, confirmation will be given if the family have been offered a place on the programme.

Please contact [cjsm.winchester@hants.gov.uk](mailto:cjsm.winchester@hants.gov.uk)

**Male Refuge Space**

They are able to accommodate a male (at any one time) fleeing HBV and /or forced marriage or a male with children.

Referrals must be made by a professional.

Please call 01202 748488 or [poolerefuge@bcha.org.uk](mailto:poolerefuge@bcha.org.uk)

**ManKind Initiative**

This is a confidential helpline for men across the UK who are suffering from Domestic Violence and Abuse by their current or former wife or partner.

Please call 01823 334244 (Monday-Friday 9am-4pm)

**Men’s Advice Line**

They provide advice and support for men experiencing domestic violence and abuse.

Please call 0808 8010327 (Monday-Friday 9am-5pm) or email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk) or visit [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)

**National Stalking Helpline**

National Stalking Helpline advisors can assist someone who is being made to feel harassed or intimidated by another person by offering information and guidance on:

* The law in relation to stalking and harassment in the UK
* Reporting stalking or harassment
* Effective gathering of evidence
* Ensuring personal safety and that of family members and friends
* Practical steps to reduce the risk

Please call 0808 802 0300 or visit [www.suzylamplugh.org/helpline](http://www.suzylamplugh.org/helpline)

**Respect – Phoneline**

Information about domestic violent prevention programmes, advice and support for perpetrators, of any gender, who want to stop using abusive behaviours in their relationships.

Please call 0808 8024040 (Monday to Friday 9am-5pm) or [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) or visit [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

**Stop Domestic Abuse (SDA)**

The following services are provided by SDA: Refuge accommodation; outreach and resettlement service; young people and children’s service; independent domestic violence adviser service; one-to-one services; group work for young people and children; women only group work; group work for families; specially provided workshops; FGM community work/development; domestic preventative work; abuse awareness raising.

Please call 01329 285375 (Monday-Thursday 9.30am-5.30pm and Friday 9.30am-5pm) or [info@southerndas.org](mailto:info@southerndas.org)

**Child Sexual Exploitation (CSE) Worker, Stop Domestic Abuse**

Providing support to young people aged 11-25 who are at risk of, or have experienced sexual exploitation and raising awareness with professionals in order to break the cycle or abuse/CSE.

Please call 023 9200 8328 or email [hannah.briggs@stopdomesticabuse.uk](mailto:hannah.briggs@stopdomesticabuse.uk)

**The National Association for People Abused in Childhood (NAPAC)**

NAPAC provides a national freephone support line for adults who have suffered any type of abuse in childhood.

Please call 0800 085 3330 for free from landlines, 3. Orange and Virgin mobiles. Call 0808 801 0331 or visit [www.napac.org.uk](http://www.napac.org.uk)

**Education**

**Bay House School**

Secondary School and Sixth Form based in Alverstoke.

Please call 02392 587931 (School) or 02392 505276 (Sixth Form).

**Behaviour Support Team**

Integrated pathway for children aged 5 to 11 years with challenging behaviour. Specific programmes designed to meet individual needs. Early intervention and preventative work at whole school, group and individual level. Family support is available.

Please refer via schools although other professionals can refer to the team.

Please call 01329 281890.

**Bridgemary School**

Secondary School based on Wych Lane.

Please call 01329 319966 or email [school@bridgemary.net](mailto:school@bridgemary.net)

**Brune Park Community School**

Secondary School based on Military Road.

Please call 02392 616000 or email [info@brunepark.co.uk](mailto:info@brunepark.co.uk)

**Lord Wilson School**

Education aimed for secondary aged boys with behavioural, emotional and social difficulties (BESD).

Referral process – Need statement of Special educational Needs for BESD, referral through Hampshire Children’s Services (Education).

Please call 01489 582684 or [enquiries@lordwilson.org.uk](mailto:enquiries@lordwilson.org.uk)

**St Vincent College**

College located on Mill Lane.

Please call 02392 588311 or email [infor@stvincent.ac.uk](mailto:infor@stvincent.ac.uk)

**The Key Education Centre**

Offers education to children who are temporarily unable to attend school because of the following: been permanently excluded, at risk of being permanently excluded, emotionally vulnerable, facing an absence of 15+ continuous school days due to ill health.

Referrals are made by Head teachers, please call 023 9252 8653 or email [e.adams@thekey.hants.sch.uk](mailto:e.adams@thekey.hants.sch.uk)

**Employment**

**Building Futures**

A two week programme for the unemployed, aged 19 years or over looking for a career in construction. Delivered in Partnership with Ixion, the programmed teaches a variety of practical skills through hands on trade tester sessions, and live construction site visits. Successful completers will achieve a BTEC level 1 certificate in Construction. They will also receive a full set of PPE and be funded to sit the CSCS test. The aim is to improve employability skills/

Please contact 02392 528084 or [info@wheatsheaftrust.org](mailto:info@wheatsheaftrust.org)

For more information, please contact Darren Bradwell on 07773 585571 or [Darren.bradwell@ixionholdings.com](mailto:Darren.bradwell@ixionholdings.com) or Madeline Walks on 07891 683749 or email [madeline.walsh@ixionholdings.com](mailto:madeline.walsh@ixionholdings.com)

**Hampshire Futures – Traineeship Plus**

A 20 week programme for young people aged 16-24 who have achieved up to a ‘D’ or ‘3’ in English and/or Math’s GCSE. The programme helps young people prepare for the world of work so that they can take their next steps – this might be progressing onto an apprenticeship or gaining employment. It includes a 16-18 week work placement and focus on functional skills (English and Maths). Trainees will gain an employability qualification as well. Bursaries are available to all and are paid weekly.

Referral Process – Self-referrals from organisations accepted.

Please contact 01962 846193 or [hyip@hants.gov.uk](mailto:hyip@hants.gov.uk) or visit [www.hants.gov.uk/traineeships](http://www.hants.gov.uk/traineeships)

**P3**

P3 works closely with the Probation Service to provide support and positive outcomes for adults in the criminal justice system. P3’s ‘link workers’ offer dedicated and consistent support, to build a trusting relationship. They tailor their support to the needs of each individual person and work in collaboratively with the client to find solutions for complex problems.

P3’s ‘Link Workers’ commonly support people to:

* Access housing
* Prevent eviction
* Access benefits and manage finances
* Access drug and alcohol services
* Access mental health support

They liaise with a variety of professionals and provide a support co-ordination role in the short-term, whilst clients are assisted to access services that can support them for the longer-term.

For more information please visit [www.p3charity.org](http://www.p3charity.org)

**Supporting Families Employment Co-ordinator**

They offer advice and support to Local Authorities about: eligibility referral processes, support packages and benefits of DWP’s employment provision and Welfare Reform and Welfare to Work regime delivery.

Referrals should be made to the Employment Co-ordinator (if part of the Supporting Families programme.

Please call 07767 298849

**Work and Health Programme – Wheatsheaf Trust**

Support for the Long Term Unemployed and individuals with disabilities or health conditions to find and sustain employment.

Please call 023 80 23 7662 or email [sam@wheatsheaftrust.org](mailto:sam@wheatsheaftrust.org)

**Enforcement**

**Fareham and Gosport Environmental Health Partnership**

Statutory enforcement of neighbour nuisance issues e.g. noise including loud music, dog barking and other anti-social noise.

Please call 02392 545478 or [enquiries@gosport.gov.uk](mailto:enquiries@gosport.gov.uk), out of hours can be contacted on 0800 374485.

**Neighbourhood Police Teams**

**Gosport East** covers Alverstoke, Anglesey, Christchuch, Hardway and Town.

**Gosport Central** covers Brockhurst, Elson, Forton, Leesland and Privett.

**Gosport West and Lee** covers Bridgemary, Grange, Holbrook, Lee on the Solent, Peel Common and Rowner.

Please contact 101 or email [gosport.police@hampshire.pnn.police.uk](mailto:gosport.police@hampshire.pnn.police.uk)

**Streetscene**

Statutory enforcement of littering, fly tipping, dog fouling, smoking in vehicles, trade waste agreements and waste carrier licences under the Clean Neighbourhood Acts.

Please contact 08000 198598 or [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk)

**Family Supporting/Parenting**

**Child Health Team**

The team aims to:

* Improve outcomes for children, young people and families at increased risk of poor health outcomes and identification of vulnerability.
* Support delivery of general education around health and well-being and supporting children with additional needs to access a full range of experiences and education.
* Strengthen the emotional and mental health/well-being of all children, young people and parents.
* Promote social inclusion through supporting engagement with local provision.
* Safeguard children and young people, to manage identified risks and provide timely and relevant health intervention.

Referrals made from professionals only.

Please call 01489 554943

**Elizabeth Foundation**

The Elizabeth Foundation facilitates early diagnosis for babies and pre-school children with all degrees of deafness and provides comprehensive education and support services for them and their family.

Referral process – Self-referrals and referrals from professionals.

Please contact 02392 372735 or visit [www.elizabeth-foundation.org](http://www.elizabeth-foundation.org)

**Family Links Nurturing Programme**

Ten week nurturing programme to develop emotional and mental well-being. The course aim is to help parents understand their emotions in order to manage feelings and behaviour whilst becoming more positive and nurturing in their relationships with their children and each other.

Referral process – By referral only

Please contact [gosport.earlyhelp@hants.gov.uk](mailto:gosport.earlyhelp@hants.gov.uk)

**Family Lives**

Providing support around all aspects of family lives. Parenting advice and an online parenting course are available by accessing the Family Lives website.

Please contact 0808 800 2222 or [hantsinfo@familylives.org.uk](mailto:hantsinfo@familylives.org.uk) or visit [www.familylives.org.uk](http://www.familylives.org.uk)

**Family lives Intensive Family Support Service Hampshire**

Provides a keyworker for a family for up to six months. Families must meet the Supporting Troubles Families criteria for support.

Please contact [hantsinfo@familylives.org.uk](mailto:hantsinfo@familylives.org.uk)

**Gosport Family Support Service**

The service will offer targeted interventions using a whole family approach through voluntary engagement to bring about positive, sustainable change.

Please contact 02392 244023 or [gosport.earlyhelp@hants.gov.uk](mailto:gosport.earlyhelp@hants.gov.uk)

**Gingerbread**

Website tailored to give single fathers expert advice and support on issues that matter to them. There are links to forums and search engines to enable single parents to meet other single parents in the local area.

Please take a look at [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

**Hampshire Futures in Mind**

A get together for those who care for a child or young person who struggles with their mental health or waiting to attend CAMHS.

All sessions are from 10am-12noon at Osborne Road, Fareham, PO16 7ES. No need to book.

For more information, please email [marybaldwin@hpcn.org.uk](mailto:marybaldwin@hpcn.org.uk)

**Hampshire SENDIASS**

This is an impartial Special Educational Needs and Disability Information, Advice and Support Service in Hampshire. The service will provide a single point of contact for children and young people with special educational needs and/or disability (SEND) and their parents and carers. Links to information about education, health, social care, preparation for adulthood, leisure services, impartial information and advice and support.

Please call 0808 164 5504, email [info@hampshiresendiass.co.uk](mailto:info@hampshiresendiass.co.uk) or visit [www.hampshiresendiass.co.uk](http://www.hampshiresendiass.co.uk)

**Hampshire Specialist Parenting Support Service**

Parenting programmes for parents/carers (where at least one family member is registered with a GP surgery within the five Hampshire CCG’s) in a group setting and, exceptionally, in family homes to parents with children aged 5 to 17 years old who:

* Have or are at high risk of developing conduct disorder.
* Have teenagers, particularly those who exhibit anti-social behaviours, including interpersonal violence from children to parent.
* Have symptoms which are suggestive in Attention Deficit Hyperactivity Disorder (ADHD) or have received a formal diagnosis.
* Are young people with autism and behaviour that challenges.

Please contact [hampshireparenting@barnados.org.uk](mailto:hampshireparenting@barnados.org.uk) or visit [www.barnardos.org.uk/hspss](http://www.barnardos.org.uk/hspss)

**Homestart**

Support for any parent living in Gosport that has one or more child under the aged five and would like help during a difficult time in their life including post-natal depression, affected by the death of a family member, feeling exhausted, coping with an illness or disability and relationship difficulties.

Referral Process – Self-referral.

Please contact 01329 825858 (Monday – Thursday 8.30am – 3.30pm and Friday 8.30am-12pm

**PEEP on Talking**

Ten week course designed to encourage speech and language skills. Delivered for parents and their children aged 2 years old who would benefit from additional support with communication using a variety of fun activities that can be used at home to promote a child’s verbal and listening skills.

Referral process – by referral only.

Please contact [gosport.earlyhelp@hants.gov.uk](mailto:gosport.earlyhelp@hants.gov.uk)

**Talking Teens**

Targeted four week course aimed at families with teenagers. The course covers the following:

* Being a parent of a teenager
* Understanding your teenager
* Communicating with your teenager
* Managing conflict

Referral Process – By referral only.

Please contact [gosport.earlyhelp@hants.gov.uk](mailto:gosport.earlyhelp@hants.gov.uk)

**The Roberts Centre – Family Intervention Project (FIP)**

They provide intensive support to vulnerable families, single adults and non-dependent households, utilising multi agency and support plans alongside assertive working methods.

Please contact 02392 296919 or visit [www.robertscentre.org.uk](http://www.robertscentre.org.uk)

**Forces/Veteran Support**

**Alabare Homes for Veterans**

Alabare aim to end homelessness for Veterans by providing a pathway of accommodation and support to enable a successful transition to civilian life. Alabare provide quality accommodation, key worker support, help accessing employment, training and voluntary work, help with drug and alcohol misuse and volunteer befrienders.

Please contact 01722 322882 or email [veterans@alabare.co.uk](mailto:veterans@alabare.co.uk)

**Alabare Homes for aged Veterans**

Through the Homes for Veterans programme they offer specialist care and guidance to vulnerable veterans who are aged over 65 including those who are currently living in their own homes.

Please contact 01722 322882 or email [veterans@alabare.co.uk](mailto:veterans@alabare.co.uk)

**FirstLight Trust**

Charity for Veterans, those leaving the Armed Forces and Emergency Services offering assistance with:

Housing, benefits/debt problems, rehabilitation and support for drug and alcohol problems, pensions/allowances, volunteering work, writing CV’s and getting back to work, support in getting the right medical treatment.

The FirstLight Trust hub in Gosport is based at 68 High Street, Gosport.

Please contact 07436 102594 or [enquiries@firstlighttrust.co.uk](mailto:enquiries@firstlighttrust.co.uk) or visit [www.firstlighttrust.co.uk](http://www.firstlighttrust.co.uk)

**MoneyWatch**

A joint project between FirstLight Trust and Gosport Citizen’s Advice Bureau. Drop in service available every Monday and Friday at Gosport Discovery Centre, Solent Room located on the second floor between 09:30 – 16:00. The service is for veterans of the Armed Forces (excluding service reservists) and serving and retired members of the emergency services (Police, Ambulance, Fire and Coastguard).

For more information please contact [moneywatch@gosport.cabinet.org.uk](mailto:moneywatch@gosport.cabinet.org.uk)

**SSAFA**

Lifelong support for our Forces and their families. The organisation has a network of trained volunteer case workers who can visit you at home. They provide emotional, practical and financial support, as well as assistance with a variety of welfare needs, and offer: help with purchasing essential items, housing advice, assistance with relocation costs, help with education and training course costs and personal support.

Please contact 02392 523401 or [gosport.division@ssafa.org.uk](mailto:gosport.division@ssafa.org.uk) or visit [www.ssafa.org.uk](http://www.ssafa.org.uk)

**SSAFA Stepping Stone Homes**

SSAFA’s Stepping Stone Homes based in the South of England provide short-term supported accommodation, help and advice to female service or ex-serving personnel, the female spouses or partners of serving or ex-serving personnel, and their dependent children.

Support is also provided to women without children or whose children may be living elsewhere temporarily, those seeking accommodation due to welfare needs and Foreign and Commonwealth cases. Each case will be considered individually. Suitable candidates will have no serious or violent criminal convictions and no alcohol or substance dependencies/misuse.

There are female only facilities and do not permit male resident over the age of 18.

Referral process – Applications will be considered on an individual basis.

Please contact 0208 4210866 or [steppingstones@ssafa.org.uk](mailto:steppingstones@ssafa.org.uk)

**Transition, Intervention and Liaison (TIL) Mental Health Service**

Providing increased access and treatment for armed forces personnel approaching discharge and veterans with mental health difficulties.

There are three elements to the service:

* **Transition: Service for this in transition, leaving the armed forces.** The service will work with the Ministry of Defence to offer mental health support for armed forces personnel approaching discharge.
* **Intervention: Service for veterans with complex presentation.** Service personnel approaching discharge and veterans will have an assessment within two weeks of a receipt of referral. If their needs are identified as more complex, they will be offered an appointment two weeks thereafter at the TIL veterans’ mental health service. Support will also be given by a care coordinator who will liaise with other services and organisation to ensure a coordinated approach to their care.
* **Liaison: General Service for veterans.** Patients who do not have complex presentations, yet would benefit from NHS care, will be referred into local mainstream NHS mental health services where they will receive treatment and support.

Please contact 0300 365 0300 or [sc.veterans@nhs.net](mailto:sc.veterans@nhs.net)

**Up2U Armed Forces Programme**

Up2U Armed Forces is a new, innovative, voluntary programme funded by the Armed Forces Covenant, for Service Personnel and their partners, who use domestic abuse and/or unhealthy behaviour in their intimate relationships.

Referrals can be made by any individual or unit within the Armed Forces, other professional bodies such as Police, Social Services, Family Support Workers, Mental Health Teams and self-referrals.

Please call 02392 841502 or email [Up2UArmedforces@portsmouth.gov.uk](mailto:Up2UArmedforces@portsmouth.gov.uk)

**Housing**

**Gosport Basics Bank**

Aim to provide practical help to all people aged 16 years and over who are homeless or at risk of becoming homeless in the Gosport area. Services include free food, toiletries and other items to anyone in crisis during the hours of 1pm-3pm Monday, Wednesday and Friday.

Referral process – Vouchers are available to anyone sleeping on the streets for a free meal and drink through a number of agencies in the area.

Please contact 02392 523432.

**Gosport Borough Council – Hostel Team**

The team support single (16+) and families who have been placed in emergency/temporary accommodation by GBC Homeless Service under Gosport Borough Councils statutory homelessness function. The team help and support in many areas including resettlement, helping to achieve independent living, budgeting advice, debt advice and any other areas identified in a support plan.

Clients need to attend the Town Hall Housing Advice Triage (Monday – Friday 9am-5pm) for consideration of accommodation.

Automatic allocation to a support officer (B&B or hostel placements only) once accessed for accommodation via the Housing AdviceTriage.

For more information please email [hostelteam@gosport.gov.uk](mailto:hostelteam@gosport.gov.uk)

**Gosport Borough Council – Housing Options**

Offering advice to residents aged 16 and over in relation to any aspect of housing including homelessness.

Referral process – Drop in at the Town Hall, Monday – Friday 9am-5pm

Please call 023 9254 5476 or email [housing.options.team@gosport.gov.uk](mailto:housing.options.team@gosport.gov.uk)

**Gosport Borough Council – Tenancy Management**

All aspects of general needs housing: including tenancy management, estate management and referrals to supporting agencies (where applicable).

Please contact 02392 545665.

**Home Group**

Hampshire based housing association providing general needs housing and supported housing services.

Please contact 0345 141 4663 or visit [www.homegroup.org.uk](http://www.homegroup.org.uk)

**Hyde Housing**

Hampshire based housing association.

Please contact 0800 3282282 or visit [www.hyde-housing.co.uk](http://www.hyde-housing.co.uk)

**Local Energy Advice Programme**

LEAP (Local Energy Advice Programme) is a free home visit service available to all Gosport residents; it offers energy saving advice, help with finding a cheaper energy deal, and free energy-saving kits such as LED lightbulbs, radiator panels and draught-proofing.

You can qualify in lots of ways. To see if you’re eligible, they look at your income, your health, your family, your family situation and whether you’re on benefits.

Please contact 0800 060 7567 or visit [www.applyforleap.org.uk](http://www.applyforleap.org.uk)

**Parity Trust**

Non-profit organisation, providing flexible and affordable mortgage products and loans. Working in partnership with Gosport Borough Council, they offer secured home improvement loans for homeowners whose properties require essential repairs, improvements or adaptions.

Please contact 02392 375921 or [mail@paritytrust.org.uk](mailto:mail@paritytrust.org.uk) or visit [www.paritytrust.org.uk](http://www.paritytrust.org.uk)

**Radian**

Hampshire based housing association.

Please contact 02380 628238 or visit [www.radian.co.uk](http://www.radian.co.uk)

**Southern Housing Group**

Hampshire based housing association.

Please visit [www.shgroup.org.uk](http://www.shgroup.org.uk)

**Street Link**

National website for reporting rough sleeping. If you are concerned about someone sleeping rough, use Street Link to report the location and they will pass this information onto the local services.

Please contact 0300 5000914 or visit [www.streetlink.org.uk](http://www.streetlink.org.uk)

**The Guinness Partnership**

All aspects of tenancy management and estate management within Guinness Partnership’s housing stock.

Please visit [www.guinesspartnership.com](http://www.guinesspartnership.com)

**Two Saints 101 Hostel**

18 bed, direct access hostel for males and females aged between 18-59 years. They work with individuals who are homeless to access support specific to their needs. They source appropriate move on accommodation whilst aiming to work towards independent living.

Referral process – Referrals can be made in person over the phone.

Please contact 01329 281995.

**Two Saints Acton Lodge**

Stage 2 Supported accommodation 10 bed homeless hostel for single homeless people aged 18 years and over with the expectation that service users move on within 12 months having established independent living skills and the confidence to live independently.

Priority in each area will be given to clients who are being reconnected from Stage 1 services.

Please contact 01329 825136 or [peirsf&g@twosaints.org.uk](mailto:peirsf&g@twosaints.org.uk)

**Two Saints Outreach Worker**

Advice and guidance for street homeless people aged 18 years and over in accessing accommodation or returning back to area of original residence , signposting to relevant agencies such as housing, substance misuse, benefits and health.

Referral process – Direct referral either by phone or by presenting at the door

Please contact 01329 281995.

**Two Saints Prevention, Early Intervention and Resettlement Services (PEIRS)**

Community support (office hours with some evenings and weekends) for single people, couples and families.

A flexible and responsive service which supports individuals, couples and families who are homeless or at risk of homelessness.

The service is short term and support will be focused on homelessness prevention, tenancy management, maximising income/budgeting and accessing mainstream and specialist services in the local community. The service will support service users to develop an action plan to manage identified support needs. The aim is to enable the person to manage independent living at the earliest stage.

Referrals process – Referrals to be made to [piersf&g@twosaints.org.uk](mailto:piersf&g@twosaints.org.uk)

Please contact 02392 511062.

**VIVID Homes**

Hampshire based housing association.

Please contact 02392 896833 or visit [www.vividhomes.co.uk](http://www.vividhomes.co.uk)

**Lesbian, Gay, Bisexual and Transgender (LGBT)**

**Kroma**

Kroma is an empowering and enabling organisation for the LGBT communities, their families and friends with Gosport and the surrounding areas.

A local LGBT+ meet up is held every Tuesday from 6pm to 8pm at Katies Vinyl Bar & Kitchen in Gosport. For 18 years and over.

Please contact 0300 008 0867 or visit [www.kromalgbt.org.uk](http://www.kromalgbt.org.uk)

**Y Services – LGBT**

For young people who identify as LGBT or are questioning their sexuality or gender identity.

Please visit [www.yservices.co.uk/lgbt](http://www.yservices.co.uk/lgbt)

**Mental Health Support Services**

**Fareham and Gosport Mental Health Floating Support**

To provide a housing support service to vulnerable people aged 18 years and over living in the Fareham and Gosport area, or community based support at venues for those in independent accommodation needing assistance with tenancy/independent living skills through group and peer support.

Referral process – Referrals can be made (with full consent of the individual) by any registered social landlord, Gosport Council, Social Services, CAB, Health Care Provider and any additional advocate or support agency.

Please contact 02392 528214/ 02392 177693 or visit [www.richmondfellowship.org.uk/hampshire](http://www.richmondfellowship.org.uk/hampshire)

**Hampshire Specialist Child and Adolescent Mental Health Service (CAMHS)**

CAMHS is an NHS service that aims to help young people up to the age of 18 years old who are finding it hard to manage their emotional, psychological and mental health. CAMHS have community teams of staff across the Hampshire area who are able to support young people and families if needed.

Referral process – Young people can self-refer by calling 0300 3040070 or by a GP, teacher or social worker.

**Mental Health Supported Accommodation**

Mental Health pathway including accommodation based services and communication groups, drop-ins and peer services. For adults that are requiring support in their recovery of their mental health whether with or without accommodation.

For more information please email [hcc.mentalhealthhousingsupport@nhs.net](mailto:hcc.mentalhealthhousingsupport@nhs.net)

**Solent Mind, Fareham and Gosport Wellbeing Service**

Local service providing information, advice and support.

* Gosport Wellbeing Drop in Service is held at the Discovery Centre on Tuesdays and Thursdays from 10am – 12pm.
* Upturn Group Drop in (for 14-18 year olds) will be held at the Discovery Centre on Tuesdays from 2pm-6pm and Wednesdays from 1-4pm.

Referral process – Self refer by telephone

Please contact 01329 281445 or [afg@solentmind.org.uk](mailto:afg@solentmind.org.uk) or visit [www.farehamandgosportmind.org.uk](http://www.farehamandgosportmind.org.uk)

**Turn 2 Me**

Organisation that provides online mental health care.

Please visit [www.turn2me.org](http://www.turn2me.org)

**Older Persons Support**

**Adults Health and Care**

Service offering advice in relation to social care, nursing, care homes and protecting people from abuse.

Please contact 0300 555 1386 (Monday – Thursday 8.30am-5pm, Friday 8.30am-4.30pm) Out of Hours 0300 555 1373 or [adult.services@hants.gov.uk](mailto:adult.services@hants.gov.uk) or visit [www.connectsupport.hants.gov.uk/home](http://www.connectsupport.hants.gov.uk/home)

**Age Concern Hampshire**

Age Concern Hampshire is an independent charity working to promote independent living to over 50’s. They run an accredited information and advice telephone helpline, with home visits available for those needing support with form filling. In Gosport they provide day care for those with dementia and/or physical frailty, 3 days per week for the Discovery Centre –The Clarence Room. There is a home from hospital project based at Gosport War Memorial Hospital. In other areas of Hampshire they run activity groups, foot care clinics and IT classes.

Referral Process – Self referral or via a 3rd party with clients consent.

Please contact 01962 868545 or [info@ageconcernhampshire.org.uk](mailto:info@ageconcernhampshire.org.uk) or visit [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

**Age UK**

The service supports individuals for the age of 55 and can provide help with: Health and Wellbeing, Home and Care, Work and Learning and Money Matters.

Referral Process – Self-referral

Please contact 0800 169 2081 or visit [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Bobby Scheme**

The Blue Lamp Trust Bobby Scheme provides practical help to the elderly (aged 65+) and vulnerable who have been, or at risk of becoming victims of ASB or crime.

The Bobby Scheme, to reduce the likelihood of becoming a repeat victim, will:

* Offer reassurance by a uniformed fitter linked to Police and Fire.
* Give advice and signpost where necessary.
* Provide free of charge safety and security fittings.
* Fit key safes (a cost is attached to this).
* Crime prevention advice.

Referral Process – Referrals can be made by agencies or by an individual or their friends or family.

Please contact 0300 7770157 or [bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)

**Brendon Care**

Brendon Care clubs are friendship and wellbeing clubs dedicated to providing older people with opportunities for social interaction and to meet new friends in a welcoming and supportive environment.

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

**Community Independence Team (CIT)**

Assisting people aged 55+ providing individuals and their families with specialist help managing everyday activities and linking in with appropriate health and community services. Providing support, advice and guidance on a range of issues such as keeping warm, safe and fit.

Please contact 0300 5551386 Monday-Thursday 8.30am-5pm and Friday 8.30am-4.30pm

**Connect to Support Hampshire**

A website, commissioned by Hampshire County Council, aimed at keeping people independent, well and connected to their communities. Residents and organisations are able to find community groups, local activities, care homes and care providers near them. It is an online resource to help people regain or maintain their independence and get the support they need – a one-stop shop for care and support information.

Please visit [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

**Dementia Advisor Service**

Service available to people with any type of dementia and for their carers and families. Offering confidential tailored support and signposting to local services.

Held on the fourth Friday of the month, 10am -12noon at the Gosport Discovery Centre.

Please contact 02392 892034.

**Dustbusters**

A non-profit making domestic help service provided and managed by GVA to enable older or vulnerable residents of Gosport who are unable to do their own housework to continue living independently in their homes. Service includes general housework, laundry and ironing, changing of bed linen, vacuuming and dusting.

Referral process – Referrals can be made through GP’s, Social Services or self-referrals. There is a cost associated with this service and a minimum requirement of 1 hour per week.

Please contact 02392 601314 or [dustbusters@gva.org.uk](mailto:dustbusters@gva.org.uk)

**FirstStop Advice**

Elderly Accommodation Counsel (EAC) FirstStop Advice provides information and advice to older people and their families on housing options in later life. If you would like to find out more about the options available visit [www.housingcare.org](http://www.housingcare.org)

Please contact [info@firststopadvice.org.uk](mailto:info@firststopadvice.org.uk)

**Gosport Community Alarm Service**

An alarm service which operates 24 hours a day, 365 days a year providing assistance to older and vulnerable people in their own homes. The service is run by Gosport Borough Council and works via a special alarm unit connected to a telephone line.

Please contact 02392 529308 or email [communityalarms@gosport.gov.uk](mailto:communityalarms@gosport.gov.uk)

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

Providing a service enabling older and vulnerable residents to continue living independently in their homes. The service offers painting and decorating, minor plumbing repairs and general gardening work.

Anyone can make a referral. If making a referral on behalf of someone else please make sure you have their verbal consent. There is a cost associated with this service.

Please contact 02392 503871 or [homeserveadmin@gva.org.uk](mailto:homeserveadmin@gva.org.uk)

**Gosport Voluntary Action Befriending Service**

This service is for older people aged 55+ who have become socially isolated or are lonely. They offer a visiting service, telephone service or CHAT service.

A referral can be received for any source. If making a referral on behalf of someone, please ensure they are aware and you have their verbal consent to do so.

Please contact 02392 604681 or email [befriender@gva.org.uk](mailto:befriender@gva.org.uk)

**Hampshire Trading Standards Safeguarding Team**

Hampshire Trading Standards Safeguarding Team works with and supports adults at risk that have been financially abused in relation to contracts for goods and services; for example, mis-sold mobility products, property maintenance issues and gardening works. The team also works with and supports victims of all types of scams; for example, mass marketing fraud, prize draw wins, and mail order goods.

They aim to address the root cause of the financial abuse and put in place protective measures to safeguard these adults.

Referrals are taken from partner agencies and victims themselves or their families and, following a home visit, provide a free dispute resolution service. They participate in formal safeguarding and also offer follow up help and talks including awareness raising and empowering techniques designed to educate, support and guard against further financial abuse.

Referral process – Partner agencies or self-referral.

Please contact 01962 83362 or [tsadvice@hants.gcsx.gov.uk](mailto:tsadvice@hants.gcsx.gov.uk) or visit [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

**Steady and Strong**

Hampshire County Council and Southern Health NHS Foundation Trust working in partnership to deliver the Steady and Strong falls prevention classes around Hampshire. Classes are aimed at anyone aged 55+ and are delivered by instructors who are specifically trained.

Please contact 01962 846605 or visit [www.hants.gov.uk/betterbalance](http://www.hants.gov.uk/betterbalance)

**The Silver Line**

Telephone and letter friendship schemes for older people.

Please contact 0800 470 8090 (open 24 hours a day, 7 days a week) or visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Safety**

**Hampshire Fire & Rescue Service – Fire Setters Integrated Responsive Education Programme (FIRE-P)**

To educate participants aged 18 and above about the dangers and consequences of deliberate fire setting. Participants will likely be those who:

* Are involved in the Criminal Justice System and have a history of, or interest in fire.
* Are considered to have an ‘unusual’ or ‘unhealthy’ fascination with fire.
* Have any other specific issue, related to fire or fire setting.
* Have a conviction for arson or a related offence.

Referral process – Any FIRE-P referrals or enquires are done through the [fast@hantsfire.gov.uk](mailto:fast@hantsfire.gov.uk)

Please contact [fast@hantsfire.gov.uk](mailto:fast@hantsfire.gov.uk)

**Hampshire Fire & Rescue Service – Fire Wise Programme**

Programme for young people aged 4-18 years who have been involved with fire setting or arson providing educational intervention either at home or in school.

Referral process – Any fire setter referrals or enquiries are all via [fast@hantsfire.gov.uk](mailto:fast@hantsfire.gov.uk)

Please call 02380 626872 or email [fast@hantsfire.gov.uk](mailto:fast@hantsfire.gov.uk)

**Hampshire Fire and Rescue Service – Safe and Well visits**

Person centred home visits to identify and reduce risk to the occupier or occupiers, which combines a home safety check to reduce fire risk in the home, with tools and approaches that include advice and interventions that address other risks, and improve health and wellbeing.

Safe and Well maximises the opportunity to prevent ill health and harm to people in our communities.

Please contact 02380 626751 or [community.firesafety@hantsfire.gov.uk](mailto:community.firesafety@hantsfire.gov.uk) or visit [www.hantsfire.gov.uk/safeandwell](http://www.hantsfire.gov.uk/safeandwell)

**Hampshire Fire & Rescue Service – Schools Education Team**

Set programme in conjunction with Education Authority but can deliver programmes on arson, hoax calls and road safety to youth organisations to KS1-4 in schools in Hampshire.

Please contact 01256 300330 (Schools Education Team at Winchester Fire Station)

**Sexual Health Services**

**Community Sexual Health Team**

A team of sexual health specialist nurses and practitioners, who work in the community, often with partner agencies, providing a range of services to improve sexual & reproductive health outcomes for members of vulnerable groups. Some of the services offered are:

Contraception – [www.letstalkaboutit.nhs.uk/contraception](http://www.letstalkaboutit.nhs.uk/contraception)

HIV Services – [www.letstalkaboutit.nhs.uk/hiv-services](http://www.letstalkaboutit.nhs.uk/hiv-services)

LGBT – [www.letstalkaboutit.nhs.uk/other-services/lesbian-gay-bisexual-trans](http://www.letstalkaboutit.nhs.uk/other-services/lesbian-gay-bisexual-trans)

Pregnancy worries – [www.letstalkaboutit.nhs.uk/pregnancy-worries](http://www.letstalkaboutit.nhs.uk/pregnancy-worries)

Psychosexual Counselling – [www.letstalkaboutit.nhs.uk/other-services/psychosexual-counselling](http://www.letstalkaboutit.nhs.uk/other-services/psychosexual-counselling)

Sexual Assault – [www.letstalkaboutit.nhs.uk/other-services/sexual-assault](http://www.letstalkaboutit.nhs.uk/other-services/sexual-assault)

STI’s – [www.letstalkaboutit.nhs.uk/worried-about-stis](http://www.letstalkaboutit.nhs.uk/worried-about-stis)

Youth Services – [www.letstalkaboutit.nhs.uk/other-services/youth-services](http://www.letstalkaboutit.nhs.uk/other-services/youth-services)

Referral process - Health professionals or voluntary/professions organisations working with vulnerable young people and adults

Please contact [SNHS.sexualhealthpromotio@nhs.net](mailto:SNHS.sexualhealthpromotio@nhs.net) or visit [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

**Support for Young People**

**HENRY – Health, Exercise and Nutrition for the Really Young**

This is a targeted 8 week fun and informal course exploring what makes a healthy family lifestyle and gives parents tools and skills.

The key elements of ‘Let’s get healthy with HENRY’ are:

* Parenting Skills
* Eating patterns and behaviour
* Healthy eating
* Physical activity
* Emotional wellbeing

Please contact [gosport.earlyhelphub@hants.gov.uk](mailto:gosport.earlyhelphub@hants.gov.uk)

**Military Mentors**

Military Mentors work with Fareham College to provide a Level 1 or 2 Diploma in Entry into the uniformed services. The courses are one year in duration and taught by ex-armed forces personnel to 16-19 year olds who aspire to join the Army, Navy, Air Force and Royal Marines. The programme is very active and the students carry out sport and physical training every day.

They also provide a Schools Outreach Programme for 14-16 year old on day release from school.

Please call 01329 239001 or [info@militarymentors.co.uk](mailto:info@militarymentors.co.uk)

**Motiv8**

Motiv8 is a registered charity that engages and supports young people aged 9-19 and up to 25 with learning difficulties and disabilities. We provide a range of services, including 1:1 support and group work, to improve life chances for young people.

Please visit [www.motiv8south.org.uk](http://www.motiv8south.org.uk)

**NO PANIC – National Organisation for Phobias, Anxiety, Neuroses, Information and Care**

For young people between 13 -20 years who suffer with anxiety disorders, panic attacks, phobias, OCD, exam stress or family anxiety.

Please call 0300 606 1174 or visit [www.nopanic.org.uk](http://www.nopanic.org.uk)

**UPTURN**

UPTURN supports young people aged 14-18 years who may be suffering with stress, anxiety, low self-esteem, depression or any other mental health issues.

Please call 01329 281445

**Y Services for Young People**

Y Services deliver a range of youth, play and support work. They work in partnership with councils, communities, organisations and agencies. Each piece of work is unique and gives young people access to support that meets their needs at home, at school, at college, in their workplace or their community.

For more information visit [www.yservices.co.uk](http://www.yservices.co.uk) or email [info@yservices.co.uk](mailto:info@yservices.co.uk)

**Youth Crime Prevention (YCP)**

One to one support for young people at risk of entering the criminal justice system. Work would be centred on consequences of their actions and the law and the impact it could have on their lives, their community and others around them.

Available to any young person aged 10-16 years (inclusive), who is at risk of offending and anti-social behaviour.

A referral can be made by any professional body, e.g. Police, School, Social Worker, and Early Help Hub.

Please call 01329 824887.

**Victim Care Service**

The Victim Care Service will provide:

* A localised service offering free and confidential help and support to anyone impacted by crime.
* Fully trained staff and volunteers offer tailored support to meet individual needs.
* Enhanced support to those identified as repeat or vulnerable victims.
* Support for those identified as repeat or vulnerable victims.
* Support for those impacted by Anti-Social Behaviour and assessed as high risk.
* Links to other local services ensuring victims receive timely quality services and specialist support from the most appropriate agency.
* Tailored support for as long as it needed.
* A service that gives those impacted by crime the strength to cope and recover.

Clients can self-refer directly. Partner agencies may refer clients as long as consent is give. Please call 0808 1781641 or visit [www.victimsupport.org.uk](http://www.victimsupport.org.uk)