



This directory has been prepared by volunteers in Lee on Solent to help local residents. Neither Solent View Medical Practice or the SVMP Patient Participation Group is responsible for the content.

Directory of support services for Health & Wellbeing

For residents of Lee on the Solent and surrounding areas

This directory has been prepared by local volunteers to help patients find services that may help them.

A lot of the services are local (in the Fareham and Gosport area) but some are regional or national where we think they can provide help or support to local people that is not available nearby.

Apart from emergency help (e.g. 999, 111 and Urgent Care Centres) most NHS services require a referral from your GP so we have only included non-emergency NHS services where you can self-refer.

The information included has been provided to us by the organisations or individuals listed or gathered from publicly available sources.

While every effort has been made to ensure the information is accurate at the time of publication, **we have not independently verified any details and cannot guarantee their accuracy or completeness.** Inclusion in this directory does not constitute an endorsement or recommendation by the compilers, the volunteers involved, or the GP Practice.

We are **not able to assess the quality, safety, or suitability of any service or the qualifications of any provider.** Before engaging with any organisation or individual, readers are strongly advised to make their own enquiries and to satisfy themselves that the service meets their needs and standards.

Information in this directory may change over time.

If you become aware of any inaccuracies or have suggestions of other organisations to include, please contact us by email at servicesdirectorylos@outlook.com so that we can update future editions.

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Medical Conditions

Alcohol, Drug and Behavioural Addiction

Addiction Family Support

Description. A charity providing support for people impacted by a loved one's harmful use of alcohol, drugs or gambling. They listen, understand and support.

Website: www.addictionfamilysupport.org.uk

Phone: support 0300 888 3853

Email: Support via contact form at www.addictionfamilysupport.org.uk/email-support

Adult Children of Alcoholics & Dysfunctional Families

Description: For people who grew up in a home where alcoholism, abuse, neglect, or other forms of trauma or family dysfunction were present. Provides support information and help as well as some online and local meetings (details can be found on the website)

Website: www.adultchildrenofalcoholics.co.uk

Email: info@adultchildrenofalcoholics.co.uk

Email: for Literature Secretary intergroup.uk.literature@gmail.com

Al-Anon UK

Description. Phone support line for people affected by someone else's drinking (family, friends). In person meetings on Monday between 19:45 – 21:00 at 324 Fawcett Road, Havelock Centre, Southsea, Hampshire, PO4 0LQ

Website: www.al-anonuk.org.uk

Phone: 0800 0086 811 (10:00 – 22:00, 365 days a year)

Email: helpline@al-anonuk.org.uk

Alateen

Description. Alateen meetings are for 12–17-year-olds inclusive who have relatives or friends with a drinking problem.

Online meetings via Zoom are available

- Every Wednesday at 19:00
- Second and fourth Thursday of each month at 19:30
- Every Saturday at 11:00
- Second and fourth Sunday of each month at 19:00

Website: www.al-anonuk.org.uk/alateen

Due to safeguarding, meeting login details can only be given to the young person. Please call

Phone: 020 7593 2070 (Monday-Friday, 10:00-17:00)

Alcoholics Anonymous

Description. Information, advice and support for anyone affected by alcohol problems. Local AA meetings available throughout Hampshire.

Local Centres:

- The Henry Cook Centre, South St, Gosport PO12 1ES

First Tuesday of each month 19:30–21:00

- Community Centre (back of building), Thorngate Hall, Bury Rd, Gosport PO12 3PX
Last Friday each month 19:30–21:00

Website: www.alcoholics-anonymous.org.uk

Phone: 0800 9177650

Email: help@aamail.org

Phone: 02392 580776 (24 Hour local Helpline)

Catch 22

Description. Working with Inclusion Recovery offering help to individuals aged 25 and under. You can self-refer by phone, email or using the contact form on their website

Website: www.inclusionhants.org/what-we-do/support-for-under-25s

Phone: 0800 5999591

Email: 247hants@catch22.org.uk

Dame Carol Detoxification Service

Description. Inpatient detox unit (specialist residential alcohol and drug detox) for people with complex dependencies. Provides supported accommodation

Based in Kings Road Fareham

Phone: 01329 281995 (via Two Saints)

Referrals via Inclusion (see separate listing)

NHS Alcohol Support

Description. Information on alcoholism, binge drinking and caring for someone with alcohol problems

Website: www.nhs.uk/live-well/alcohol-advice/alcohol-support

Frank

Description. Online information about drugs

Website: www.talktofrank.com

Phone: 0300 1236600

Hampshire 24/7 (Catch 22)

Description. Treatment service for young people under 25 experiencing alcohol or drug problems

Phone: 0800 5999 591(for young people):

Inclusion Recovery Hampshire

Description. Specialist drug & alcohol treatment service for adults aged 25+ – offers harm-reduction, prescribing, detox, psychosocial support, relapse prevention, recovery planning. Self-referral or via GP/pharmacy

Website: www.inclusionhants.org

Gosport hub address: 5-6 The Precinct, South Street, Gosport, PO12 1HA

Phone: 0300 124 0103 – Option 9

Fareham hub address: Avalon Centre, Farham Health Centre, Civic Way, Fareham, PO16 7ER

Phone: 0300 124 0103 – Option 4

NACOA (National Association for Children of Alcoholics)

Description Support, advice, and a helpline for children and young people whose parents or guardians have alcohol problems.

Website: www.nacoa.org.uk

Phone: 0800 358 345

Parent Support Link

Description. Support for family, friends or carers of someone with alcohol or drug problems – non-judgemental listening, information, group support

Address: 48–50 Vespasian Road, Bitterne Manor, Southampton, SO18 1AX

Phone: 023 8039 9764

Re-Solv

Description National programme of support and recovery work to support all those whose lives are affected by solvent abuse.

Website: www.re-solv.org

Southern Gambling Service

Description: A service provided by Hampshire and Isle of Wight Healthcare NHS Foundation Trust. Offering a specialist service for persons 17 years or older, providing evidence-based treatment to people with gambling-related harms / gambling disorder. It is funded by NHS England.

Website: www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/gambling-service

Self-referral form on website.

Email: hiowh.southerngamblingservice@nhs.net

Two Saints

Description Provides supported accommodation (including for people with alcohol use issues), drop-in services, outreach support, and a “complex needs navigator” for alcohol / housing / chaotic lifestyle.

Address: Civic Offices, Civic Way, Fareham, PO16 7AZ

Website: www.twosaints.org.uk

Phone: 01329 234600

Email: twosaints@twosaints.org.uk

Ankylosing Spondylitis (AS)

National Axial Spondyloarthritis Society (NASS)

Description. NASS Online Branch is aimed at those who may not have access to a local NASS Branch or maybe prefer to exercise from home.

Online Physiotherapy & Stretching Sessions – Monday, Wednesday & Thursday at 1830hrs
£20 per month subscription

Website: www.nass.co.uk/in-your-area/nass-online-branch

Email: onlinebranch@nass.co.uk

NASS – Portsmouth

Description. Support and guidance from the NASS physiotherapists. They work closely with and are supported by the rheumatology department at Queen Alexandra Hospital and physiotherapists from Solent NHS Trust.

Hydrotherapy & Stretching Sessions

£21 per month subscription

Website: www.nass.co.uk/in-your-area/nass-portsmouth

Phone: 023 9226 2753

Email: portsmouth@nass.co.uk

Asthma

Asthma and Lung UK

Description. Provides information about your lung condition, breathlessness tips and techniques, guidance on looking after yourself – from medicines to mental health and ways to get support from our helpline and support groups

Website: www.asthmaandlung.org.uk

Phone: 0300 222 5800.

Email: helpline@asthmaandlung.org.uk

Autism

ABC (Autistic But Cherished) – Gosport Parent Support Group

Description. Peer-led parent support community sharing experiences, information and local resources for children with ASD.

Limited information available but they have a Facebook page

Website: www.facebook.com/groups/446587802056891

Autism Hampshire

Description. Major regional charity offering advice, guidance, social groups, supported living, employment support, and health-access programmes for autistic people and families across Hampshire.

Address: 1646 Parkway, Whiteley, Fareham, PO15 7AH

Website: www.autismhampshire.org.uk

Phone: 02380 766162 / 01489 880881

Email: information.advice@autismhampshire.org.uk

Child Autism UK

Description. Supports children, families and professionals across the UK by providing training, support and advice

Website: www.childautism.org.uk

Phone: 01344 882248

Fareham ASD Support Network

Description. Local network offering monthly parent/carer support meetings, guest speakers, and information sharing for families affected by autism.

Website: www.farehamasdsupportnetwork.weebly.com

Family Autistic Spectrum Support

Description. Charity supporting families of autistic children and young people, offering peer support, advice, and signposting to local services. Many services are free, request a donation but some structured activities may have small fees.

Address: 2 Gudge Heath Lane, Fareham, PO15 5AA

Facebook: www.facebook.com/fass10/?locale=en_GB

Phone: 07771 774893

Marvels & Meltdowns

Description. Community organisation offering support, activities and peer groups for autistic children, young people and families; also provides advice and signposting. Some groups free; others may have small activity charges.

Address: 1 Phoenix Way, Gosport, PO13 0BE

Website: www.marvelsandmeltdowns.org.uk

Phone: 01329 756857

National Autistic Society

Description. Provides autism information, support groups, training and advocacy. Runs some local groups and events. Many resources are free; paid membership optional.

Website: www.autism.org.uk

Blood Pressure (Hypertension and Hypotension)

Blood Pressure UK

Description: National charity providing information, helpline support, educational resources and campaigns to help people understand and manage high blood pressure.

Website: www.bloodpressureuk.org

Phone: 020 7882 6218

Email: help@bloodpressureuk.org

Hampshire County Council Blood Pressure monitor loan

Description. Hampshire residents can borrow blood pressure monitors for free from all 40 Hampshire County Council library branches for up to 14 days

Cancer

Boots Macmillan Information Pharmacists

Description. Pharmacists, who are specially trained to advise you on living with cancer and provide support to you, carers, family and friends.

Website: www.boots.com/macmillan/boots-macmillan-information-pharmacist

Store finder on website. Boots at 111 High Street Lee on Solent PO13 9BU is a branch providing this service.

Bowel Cancer UK

Description. Offers patients support and information (forums, nurse advice, booklets, online groups) and funds research

Website: www.bowelcanceruk.org.uk

Order copies of booklets etc. via website

Phone: 020 7940 1760 General enquiries

Email: nurse@bowelcanceruk.org.uk to speak to a nurse.

Email: admin@bowelcanceruk.org.uk

Butterfly Thyroid Cancer Trust

Description. Charity focused on support for people affected by thyroid cancer. Offers emotional peer support, helpline, buddy system, and information throughout diagnosis, treatment and follow-up.

Website: www.butterfly.org.uk

Phone: 07399 564463

Email: enquiries@butterfly.org.uk

Fight Bladder Cancer

Description. A small charity run by volunteers providing information and support including guidance on what is involved in treatment and questions to ask.

Website: www.fbc.uk.com

Phone: 01844 351621

Email: support@fightbladdercancer.co.uk

Gosport Central Primary Care Network – Cancer support group

Description. Meets third Monday of each month, 11:00-12:00. Drop in, no booking needed Brune Medical Centre. 10 Rowner Road, Gosport. PO13 0EW

Phone: 07443 278023

Hampshire Macmillan Citizens Advice Service

Description. Help with welfare benefit applications and appeals, money matters including debts, pensions, insurance, fuel schemes, employment advice for employees and employers, housing issues, accessing charitable grants and one-off payments, travel to/from appointments

Website: www.citahants.org/hampshire-macmillan-citizens-advice-service

Contact form on website

Phone: 0344 847 7727 (Monday -Friday 09:00 – 16:00)

Email: macmillan.cahampshire@cabnet.org.uk

Harbour Cancer Support Centre

Description. Offers practical and emotional support for anyone affected by cancer. Services include a drop-in centre, information (on cancer types, benefits, hospices, etc.), counselling, complementary therapies, befriending, support for children, art therapy, craft, coffee mornings.

Address: 2 Stoke Road, Gosport, PO12 1JB. Also at Fareham Shopping Centre

Website: www.harbourcancer.org.uk

Phone: 023 9250 1503 (Monday–Friday 10:00–16:00; Saturday 10:00–12:30)

Email: admin@harbourcancer.org.uk

Macmillan Cancer Support

Description. A large national charity offering a wide range of support: emotional support, information about cancer, financial and welfare advice, benefits, work rights, peer support groups, online community, and more.

Website: www.macmillan.org.uk

Phone: 0808 808 00 00 (7 days a week 08:00- 20:00)

Macmillan Information & Support Centre at Portsmouth Hospital

Description. Counselling, advice, complementary therapies, financial help, peer groups, etc. QA Hospital, B Level within the Haematology and Oncology department, follow the green “Macmillan Centre” signs.

Phone: 023 9228 3323

Email: pho-tr.macmillancentre@nhs.net

Maggie’s, Southampton

Maggie’s, Southampton

Description. Located in the grounds of University Hospital Southampton they provide practical, emotional, and social support to people with cancer and their families and friends. They offer a range of services, including stress management, benefits advice, support groups, and creative workshops, to help people live with and beyond cancer.

Website: www.maggies.org

Phone: 023 8212 4549 Monday to Friday, 09:00 to 17:00

Email: southampton@maggies.org

Naomi House & Jacksplace (Wessex Children’s Hospice Trust)

Description. Although not a cancer support group in the traditional information/advice sense, they provide palliative care, respite care, and support for children and young people with life-limiting illnesses, including cancer, and support for their families.

Website: www.naomihouse.org.uk

Phone: 01962 760555

Email: wat.nhjpcareadmin@nhs.net

OGCSPLASH (Oesophageal-Gastric Cancer Support for Portsmouth & South Hampshire)

Description. Local support group for people living with or beyond oesophageal / gastric (digestive-tract) cancer. Offers peer support, social/meetups, advice and shared experiences; there is also a carers support group.

Website: www.ogc-splash.co.uk

Phone: 07470 290847

Email: OGCSPLASH@yahoo.com

Prostate Health

Description. Information about prostate health, symptoms to look out for and when to seek advice.

Website: www.nhs.uk/conditions/prostate-cancer

Prostate Cancer Support Organisation (PcaSO)

Description. A charity for men diagnosed with prostate cancer run by patients diagnosed with prostate cancer. Covering Hampshire, Sussex and Dorset. It offers testing for prostate cancer, for a donation of between £15 and £20. It also offers support and advice, publishes information and holds meetings, live or online.

Website: www.pcaso.org

Contact via a form on website

Prostate Cancer UK

Description. Provides information to support you. Find out about your risk, learn about possible signs and symptoms. Get information on treatment and support if you're newly diagnosed or living with prostate cancer.

Website: www.prostatecanceruk.org

Contact form on website

Phone: Specialist Nurses 0800 074 8383

Solent View Medical Practice Cancer Support Group

Description. Provides emotional, social, and practical support and information for people affected by cancer—patients, survivors, care givers, and sometimes family members. Meetings are held at the Practice on the first Wednesday of the month from 11:00 to 12:00. Both patients and carers are welcomed.

Address: Lee-on-the-Solent Health Centre, Manor Way, Lee-on-the-Solent, PO13 9JG

Phone: 02392 550220

Sheldon's Shooting Stars

Description. Provides support and a helping hand to individuals living with metastatic breast cancer.

It provides funding to patients who must be UK residents, receiving treatment/care for metastatic breast cancer and not previously received support from Sheldon's Shooting Stars. Application form on the website.

Website: www.sheldonsshootingstars.co.uk

Email: hello@sheldonsshootingstars.co.uk

Wessex Cancer Support (formerly Wessex Cancer Trust)

Description. Wellbeing and emotional support for anyone over the age of 18 affected by cancer (patients, carers, family). Services include drop-in centres (the nearest is Chandlers Ford, online support, counselling, complementary therapies, peer support groups, courses, and transport support.

Website: www.wessexcancer.org.uk

Phone: 023 8067 2200

Email: wcs@wessexcancer.org.uk

Cholesterol / Lipid Abnormalities

British Heart Foundation

Description: National charity providing information on heart and circulatory conditions including high cholesterol. Offers support resources, lifestyle advice, and a nurse-led helpline for patients and carers

Website: www.bhf.org.uk

Phone: 0808 802 1234 (Monday to Friday 10:00 to 17:00)

Email: hearthelpline@bhf.org.uk

HEART UK – The Cholesterol Charity

Description: The UK's main charity dedicated to supporting people with high cholesterol and other lipid disorders. Provides expert information, patient resources, webinars, and a cholesterol helpline run by healthcare professionals.

Website: www.heartuk.org.uk

Phone: 0345 450 5988 (Monday to Friday 10:00 to 15:00)

Email: ask@heartuk.org.uk

Pharmacies

Most NHS pharmacies can test you for Cholesterol. The test can be done by pricking your finger. A drop of blood is put on a strip of paper. This is put into a machine that checks your cholesterol in a few minutes. This is free if you are eligible for a free pharmacy-based NHS Health Check, you typically must:

- Be aged between 40 and 74.
- Not have had an NHS Health Check in the last five years.
- Not be currently taking medication for high blood pressure or cholesterol.
- Not have a diagnosis of diabetes or kidney disease.

Counselling

Many of the organisations that help people with various medical conditions also provide counselling to those suffering from the condition.

CedarOak

Description: Small local charity providing confidential in-person counselling for unplanned pregnancy, baby loss, miscarriage, termination, and pregnancy-related issues

Address: 9 Bemisters Lane, Gosport PO12 1HB

Website: www.cedaroak.org.uk

Phone: 07496 913753

Gosport Counselling – Julia Carter

Description: Private fee charging service providing in person and online counselling sessions for adults and young persons. Also provides consultancy to employers.

Website: www.gosportcounselling.com

Phone: 07880 723 098

Email: julia@gosportcounselling.com

Helen-Melissa Counselling & Psychotherapy

Description: Private fee charging service providing counselling and psychotherapy services to Individuals, couples and young people

Address: West Street Counselling Centre, 126 West Street, Fareham, PO16 0EP.

Website: www.helenmelissacounselling.com/

Phone: 07881 743121

Email: contact form on website

Julie May Counselling & Psychotherapy

Description: Private fee charging service providing in person and online counselling sessions helping clients who are encountering difficulties in many areas, including stress, relationship difficulties or breakdown, low self-esteem or self-confidence, anxiety, bereavement, life changes, depression, bullying, work related issues, addiction and trauma (including violence, assault, PTSD and historic abuse)

Address: West Street Counselling Centre, 126 West Street, Fareham, PO16 0EP.

Website: www.juliemaycounselling.co.uk

Phone: 01329 827121 or 07986 782883

Email: enquiries@juliemaycounselling.co.uk

Lime Counselling

Description: Private counselling sessions for a range of conditions & symptoms.

Website: www.lime-counselling.co.uk

Phone: 01329 738034

Email: limecounselling@outlook.com

Louise Burnop

Description. A humanistic counsellor offering in person, online and phone counselling and mental health coaching to adults and children.

Address: 41 Westland Drive, Cherque Farm, Lee-on-the Solent, PO13 8GH.

Website: www.louiseburnop.com

Phone: 07837 700859

Sarah Thomson Counselling & Psychotherapy

Description: Private fee charging service providing in person and online counselling sessions to individuals and couples struggling with personal issues, or navigating relationship challenges,

Address: Located in Alverstoke, Gosport.

Website: www.sarahthomsoncounselling.com

Phone: 07496 966025

Email: counselling@sarahthomsoncounselling.com

Dementia / Alzheimer's Disease

Age Concern Hampshire

Description: Offers carers and families support, reassurance and respite by providing day care services for older people that may be living with conditions such as dementia.

Address: Lockswood Care & Wellbeing Centre, Centre Way, Locks Heath, Southampton SO31 6DX

Website: www.ageconcernhampshire.org.uk/gosport

Phone: 01962 868545

Email: enquiries@ageconcernhampshire.org.uk

Alzheimer's Society

Description. Provides from personalised support to expert advice and a community that understands, they help people cut through their fear and isolation. Also provides the National Dementia Helpline.

Website: www.alzheimers.org.uk

Phone: 0333 150 3456

Phone: National Dementia Helpline 0300 222 1122

Alzheimer's Society Hampshire and Portsmouth

Offers information and practical guidance to help people understand dementia, cope with day-to-day challenges, and prepare for the future. Advisers explain about the condition and signpost people to support services. Face to face visits can be arranged as appropriate.

Phone: Alzheimer's Society Dementia Support Line: 0333 150 3456

Email: HIP@alzheimers.org.uk

Local services include:

Dementia Café at QA Hospital

Description: Help is available from a Dementia Adviser at Queen Alexandra (QA) Hospital on the 4th Tuesday of every month, 10:00– 12:30 in the B Level Restaurant. No appointment is necessary.

Dementia Support Group

Description: For all living with dementia, their carers and loved ones. Coffee and conversation, Activity sessions, Music, Entertainment, Support for Carers etc. Meets Monday 10:30 to 12:00. In Association with Veterans Dementia Support UK

Address Court Barn, Court Barn Lane, Broom Way, Lee on Solent PO13 9NZ

Drop-in sessions at Fareham Community Hospital

Description: Drop-in sessions on first Thursday of the month between 10:00 and 12:00

Address: Fareham Community Hospital, 233A Brook Ln, Sarisbury Green, SO31 7DQ

Companion Calls

Companion Calls can help people with dementia and their carers feel more connected and less lonely. These are social chats - they do not offer specific

dementia support, advice, or guidance. Trained volunteers make regular phone calls to check in and have a friendly chat about anything the person they're calling chooses. To refer yourself visit the website below.

Website: www.alzheimers.org.uk/get-support/companion-calls

Virtual Singing for the Brain

A singing group for people affected by dementia, it is being delivered online via Zoom. The group runs every Friday, 10.4-12:00. For more information contact via the Alzheimer's phone number: 0333 150 3456.

Singing for the Brain (face to face)

Singing for the Brain Portsmouth - Service available on second and fourth Wednesday of the month, 10:30-12:00 For more information contact via the Alzheimer's phone number: 0333 150 3456

Dementia Support Forum

Dementia Support Forum is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online:

Website: www.forum.alzheimers.org.uk

Dementia Directory

To find local support services for people with dementia and their carers they have a dementia directory

Website: www.alzheimers.org.uk/find-support-near-you \

Dementia Support

Description. A charity offering providing information and advice and support and services free to anyone living with dementia in Hampshire and the Isle of Wight. Services include a listening ear on the phone, a visit in person and opportunities to connect with others.

Website: www.mydementiasupport.org

Contact options – see website for details:

Phone: 0344 324 6589

Dementia Support Hampshire and Isle of Wight

Description. Weekly social meet-up—open to anyone affected by dementia, including family, friends, and carers. Activities include Arts & Crafts, Reminiscence, Conversation, Cognitive Stimulation Games, Light-hearted Quizzes plus, tea, coffee & biscuits!

Address: Meetings held at Holy Trinity Church, 132 West Street, Fareham. PO16 0EL 01329 232688

Website: www.mydementiasupport.org/event/fareham-support-social-group/2030-05-02-support@mydementiasupport.org

Phone: 0344 324 6589

Dementia UK

Description: A specialist dementia nursing charity. Their specialist nurses, known as [Admiral Nurses](#), provide advice and support, to anyone affected by dementia. Information about dementia and how best to live with it are available on their website.

Website: www.dementiauk.org

Phone: 0800 888 6678

Gosport Discovery Centre

Description: An informal group for people with dementia and their carers **that discusses** living with dementia. Meets at Gosport Discovery Centre every Monday from 11:30 to 13:00. No need to book just drop in.

Gosport Memory Group

Description: Meeting held on the 3rd Tuesday of each month from 10:30 to 12:30 at the Christ Church Parish Centre.

Address: Christ Church Parish Centre Stoke Road Gosport PO12 1JQ

Website: www.helpandsupport.cfirst.org.uk/services/view/1593

Phone: 02392 892035

Gosport United Reformed Church

Description: Meets every 2nd Tuesday of the month 14:00 – 16:00. A free service for those with memory loss or dementia and their carers.

Address: St Columba Elson Road, Gosport PO12 4BW

Website: www.urcgosport.co.uk/adults/memory-cafe

Homecareco.uk

Description: A national online search facility for Car & Nursing homes that provide dementia care. There is an option to restrict the search to Lee-on-the-Solent and surrounding area.

Address: 1, Station Yard Station Road Hungerford RG17 0DY

Website: www.carehome.co.uk/care_search_results.cfm/searchtown/Lee-on-the-Solent/searchtype/dementia-residential

Phone: 01488 684321

Lee on Solent Friendship and Memory Café

Description. For seniors their friends, families and carers to enjoy tea and cake and join in a range of dementia friendly activities supported by trained staff. The Café is free for everyone; there is no need to book in advance. Last Wednesday of the month – 14:00 to 16:00

Address: Meet at the Lowry Room, Parish Centre, St Faiths Church, Victoria Square, Lee on Solent

Website: www.homeinstead.co.uk/fareham-gosport/blog/lee-on-solent-friendship-and-memory-café

Phone: 01329 282 469 for more information or email

Email: community.services@fareham.homeinstead.co.uk

Living with Dementia Chat about

Description. An informal drop-in group aimed at people with dementia and their carers. No need to book, just drop in.

Address: Meets on Mondays from 11.30 to 13.00 at Gosport Discovery Centre. No need to book.

Recapture Life

Description. Provides clubs for those with dementia, and social opportunities – including games, exercise, and more, with likeminded people. Weekly drop-in sessions for carers and their loved ones.

Address: Groups meet at various locations such as Gosport Discovery Centre, Bridgemary School, Fareham College etc.

Website: www.recapturelife.co.uk

For up-to-date locations and prices contact Katie or Lesley at:

Phone: Katie 07827 461484

Email: katiedoddsrl@gmail.com

Phone: Lesley 07821 666480

Email: lesley@recapturelife.co.uk

Dental

Dentaid mobile dentist

Description. A charity working with the NHS providing dental treatment for people experiencing health inequalities including families experiencing poverty, people at risk of homelessness, children, and new and expectant mothers in areas at highest risk of poor dental health. Appointments are required.

Address: A mobile unit visits various locations in the county including Gosport.

Phone: 01794 324249

Email: info@dentaid.org

Local Dentists

Very few dentists are accepting new NHS patients – a few accept children but often only if their parents are private patients. We have listed only those dentists located in Lee on Solent or who provide home visits and have shown the latest status of their acceptance of NHS patients.

You can search for dentists on the NHS website at www.nhs.uk/service-search/find-a-dentist

Damira Eclipse Dental Practice

Description. This dentist does not currently accept new NHS patients for routine dental care (confirmed: 23 December 2025)

Address: Unit C3, Anstice Court, Bracken Close, Lee on Solent, Hants, Hampshire, PO13 8AT

Website: www.damiradental.co.uk/location/eclipse

Phone: 02392 556854

Email: eclipse@damiradental.co.uk

Innovate Dental Studio

Description. This dentist currently only accepts new NHS patients for routine dental care if they are children aged 17 or under (confirmed: 25 November 2025)

Address: 152-154 High Street, Lee-on-Solent, PO13 9DD

Website: www.innovatedentalstudio.com

Phone: 02392 554485

Email: enquiries@innovatedentalstudio.com

Lee-on-the-Solent Dental Practice

Description. This dentist does not currently accept new NHS patients for routine dental care (confirmed: 27 November 2025).

Address: 2 Milvil Court, Milvil Road, Lee-on-Solent, PO13 9LY.

Website: www.leedental.co.uk

Phone: 02392 551768

Email: info@leedental.co.uk

Mobile Dentist

Description. Provides a private service in your home. They do not accept NHS patients

Website: www.mobiledentist.uk/near-me/hampshire-gosport

Diabetes

Carbs at the Kettle, Portsmouth

Description. A group that enables you to meet up with others living with diabetes to share experiences, recipe ideas, personal hints and tips and enjoy time with others who understand.

Meets on the 1st Saturday of every month at The Community Kettle, 62 High Street, Portsmouth,
PO6 3AJ, from 10am – noon.

Email: janice.diabetes@outlook.com for more information (Janice Mason).

Diabetes UK

Description. Campaigns for better care, gives support and advice in times of need and funds ground-breaking research into new treatments and a cure.

Website: www.diabetes.org.uk

Phone: 0345 123 2399

Email: helpline@diabetes.org.uk

Portchester Diabetes UK Support Group

Description. A support group for anyone affected by diabetes, with occasional speakers.

Meets on the first Monday of the month from 10am to 11.30am and on Bank Holiday months it is the second Monday at Portchester Parish Hall, Hampshire, PO16 9PS.

Phone: 02392382104 or 07720433078 for more information (Gay)

Solent Diabetes Association

Description. Local charity offering information, peer support and activities for people living with diabetes and their families.

Website: www.solentdiabetes.org.uk

Solent View Medical Practice Diabetes support group

Description. Meet at the surgery at 14:00 on Thursdays

Eating Disorders

Beat Eating Disorders – Helplines (UK)

Description. Provides free, confidential support and information on eating disorders via its helplines. Support is delivered by trained advisors who can help you explore your feelings, understand options, and signpost to further help. Helplines are typically open Monday to Friday, 15:00 to 20:00, with support also offered by email and webchat.

Website: www.beateatingdisorders.org.uk

Phone: 0808 801 0677 (15:00 to 20:00, Monday to Friday)

Email: help@beatingeatingdisorders.org.uk

Bere Clinic – Elysium Healthcare (Waterlooville, Hampshire, UK)

Description. Bere Clinic is a specialist inpatient eating disorder service for young people aged 12–18 years with a primary eating disorder diagnosis (such as anorexia nervosa, bulimia nervosa, avoidant/restrictive food intake disorder, or other specified feeding/eating disorders). The clinic operates as with an onsite Ofsted registered school so young people can continue education during treatment.

Website: www.elysiumhealthcare.co.uk/location/bere-clinic

Phone: 023 9431 4108

Phone: 0800 218 2398 – 24hr Referral Line

Email: bere@elysiumhealthcare.co.uk

Email: referrals@elysiumhealthcare.co.uk

Counselling & Mental Health Coaching – Louise Burnop

Description. Offers counselling and mental health coaching, including advice and support for eating disorders. Based in Lee-on-the-Solent, Hampshire.

Website: www.louiseburnop.com

Phone: 07837 700859

Eating Disorders Service – Hampshire & IOW NHS Foundation Trust

Description. The Eating Disorders Service provides assessment and treatment for people with eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder and some atypical eating.

Website: www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/eating-disorders-service

Phone: 023 8231 2000

First Steps ED

Description. An Eating Disorder Support & Recovery Charity that offers early help, therapy, and lived experience support for children, young people, and adults across the U.K.

Website: www.firststepsed.co.uk

Email: info@firststepsed.co.uk

Priory Group – Eating Disorder Treatment (UK)

Description. Priory works closely with the NHS to provide intensive treatment for people suffering with severe eating disorders. It is the largest single provider of specialist inpatient care in the UK, providing support for both adults and young people with conditions such as anorexia, bulimia or atypical eating disorders.

Website: www.priorygroup.com/nhs/eating-disorder-services-nhs

Phone: 0330 822 2985

Phone: 24hr Referral Line – 0808 134 9223

Ehlers-Danlos Syndrome (EDS)

Ehlers-Danlos Support UK

Description. UK charity dedicated to supporting people affected by Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD).

Website: www.ehlers-danlos.org

Phone: Freephone Advice Line: 0800 9078518 (Open Tuesday & Friday 0900hrs to 1500hrs)

Ehlers-Danlos Support Group – Portsmouth

Description. Area Coordinator Lola volunteers and organises meetings to support those with EDS & HSD. Meetings are held regularly online via Zoom and also in person at Springwood Community Centre, 110 Springwood Avenue, Stakes, Waterlooville, PO7 8BJ

Website: www.ehlers-danlos.org/ac-contact-page/?group=6589

Email: membership@ehlers-danlos.org

Ehlers-Danlos Support Group – Southampton

Description. Area Coordinator Mary volunteers and organises meetings to support those with EDS & HSD. Meetings are held regularly online via Zoom

Website: www.ehlers-danlos.org/support_groups/southampton

Email: membership@ehlers-danlos.org

End of life / Palliative Care

Countess Mountbatten Hospice (Southampton)

Hospice providing palliative care, symptom control, emotional support, and bereavement services for patients with life-limiting illnesses.

Website: www.mountbatten.org.uk

Phone: 02380 477414

Guardian Angel Carers – Fareham & Gosport

Description: Provides specialist home-care services including palliative and end-of-life care to help patients remain comfortable at home and support families.

Website: www.gacarers.co.uk

Phone: 01329 690096

Homecareco.uk

Description: A national online search facility for Care Homes and Nursing Homes that provide End of Life and/or Palliative Care. There is the option to restrict the search to Lee-on-the-Solent and surrounding area.

Address: 1, Station Yard Station Road Hungerford RG17 0DY

Phone: 01488 684321

Website: www.carehome.co.uk/care_search_results.cfm/searchtown/Lee-on-the-Solent/searchtype/palliative-care

Home Instead – Fareham & Gosport

Description: Provides trained carers who deliver palliative and end-of-life care at home, including personal care, medication support, and emotional support for families.

Website: www.homeinstead.co.uk/fareham-gosport

Phone: 01329 596706

Marie Curie – Hospice Care at Home (Southeast)

Description: Provides specialist palliative and end-of-life nursing care for people with terminal illnesses, often in their own homes. Also offers support for families and carers.

Address of office 45-46 Basepoint, Aerodrome Road, Gosport, PO13 0FQ

Website: www.mariecurie.org.uk

Phone: 0800 090 2309

Portsmouth Hospitals University NHS Trust (Butterfly Resources)

Description: Palliative Care advice and support.

Website: www.porthosp.nhs.uk/departments-and-services/palliative-care

Email: pho-tr.butterflyresources-groupmailbox@nhs.net

Radfield Home Care

Description: Private fee charging home-care provider supporting people with serious illness to remain in their own homes with personalised care plans, including end-of-life support

Website: www.radfieldhomecare.co.uk

Phone: National office 03301 757 695

Phone: Local Office 01329 739 073

Email: care@radfieldhomecare.co.uk

Rowans Hospice (Portsmouth)

Description: Local hospice providing specialist palliative care including inpatient care, day hospice services, counselling, and support for patients and families.

Website: www.rowanshospice.co.uk

Phone: 02392 250001

Eyesight / Sight loss/ Blindness

Fareham Active Blind Group

Description. The group meets up for lunch, sell raffle tickets, have public speakers, play skittles and French ball on the 2nd and 4th Thursday of the month - 12:00 to 15:00.

Address: Duke of Connaught Club, Western Road, Fareham PO16 0NS

Fareham Macular Society Support Group

Description. Meets second Monday of the month 13:00 to 15:00

Address: for meeting Fareham United Reformed Church, 18 Osborn Road South, Fareham, PO16 7DG

Gosport Discovery Centre -Chat About Reading Group for People with a Visual Impairment

Description: Group meets to discuss selected books in different formats. The Discovery Centre can provide books in large print, on tape or CD. Free refreshments provided. Meets every third Friday of the month from 10:30 to 12:00.

Email: gosport.dc@hants.gov.uk

Gosport Macular Society Support Group

Description. Meets second Friday of the month 13:30 to 15:30

Address: for meeting Christ Church, Stoke Road, Gosport. PO12 1JQ

OpenSight - Fareham

Description. A monthly meeting for vision impaired people. Meets every third Monday of the month 12:00 to 14:00 at Fareham Library, Osbourn Road, Fareham, PO16 7EN

Email: info@openr.org.uk

OpenSight Fareham Social Club

Description. A monthly club for vision impaired people. Meets the last Wednesday of the month 13:45 to 15:45 at The Holy Trinity Church Hall, West Street, Fareham, PO16 0EL

Email: info@openr.org.uk

Macular Society

Description. Provides free information and support to those with macular disease, along with their family and friends.

Website: www.macularsociety.org

Phone: 0300 3030 111

Email: help@macularsociety.org

NHS Diabetic Eye Screening Service

Description. Diabetic eye screening funded by the NHS and provided by InHealth in a variety of locations throughout the area for

people aged 12 and over with diabetes (type 1 and 2) except people with diabetic eye disease who are already under the care of an ophthalmology specialist.

Website: www.nhs.uk/services/service-directory/hampshire-and-isle-of-wight-desp/N10877501

Phone: 01983 898 700 for bookings

or book via www.inhealthgroup.com/diabetic-eye-screening/information-for-patients

OpenSight

Description. A charity supporting individuals living with, or at risk of, low vision or blindness. To make a referral and obtain support complete the referral form at

www.opensight.org.uk/make-a-referral

Website: www.opensight.org.uk/about-us

OpenSight Gosport Social Club

Description. A monthly club for vision impaired people. Meets every fourth Tuesday of the month 14:00 to 16:00 at the Methodist Church, 33 Stoke Road, Gosport PO12 1TJ

Phone: 02380 641 244

Email: info@openr.org.uk

Outside Clinic

Description. Offers eye tests at your home including NHS services when you are eligible

Website: www.outsideclinic.co.uk

Phone: 0800 915 6259 (Booking line -check the cost of what is offered)

Royal National Institute of Blind People

Description. Charity offering a large range of support and advice for both blind and partially sighted persons.

Website: www.rnib.org.uk

Phone: 03031 239999

Email: helpline@rnib.org.uk

Local Opticians in Fareham and Gosport

Gosport

Sue Wassell Ltd (trading as) Optomeyes Eyecare

Address: 124 High St, Lee-on-the-Solent PO13 9DA

Website: www.optomeyes-eyecare.co.uk

Phone: 02392 550723

Phillips & Edgworth

Address: 1a Stoke Rd, Gosport, PO12 1LT

Phone: 02392 580170

Scrivens Opticians & Hearing Care

Address: 103 High St, Gosport, PO12 1DS

Website: www.scrivens.com/branch/gosport-2

Phone: 02392 581719

Specsavers Opticians and Audiologists

Address: 120 High St, Gosport, PO12 1DU.

Website: www.specsavers.co.uk/stores/gosport

Phone: 02392 511211

20 20 Vision

Address: 55 Brockhurst Rd, Gosport, PO12 3AP

Website: www.2020visionopticians.co.uk

Phone: 02392 584198

Tombs & Allen Opticians

Address: 5 Portland Buildings, Stoke Rd, Gosport PO12 1JH.

Website: www.tombsandallen.com

Phone: 02392 583751

Vision Express Opticians

Address: 107 High St, Gosport, PO12 1DS, United Kingdom

Website: www.visionexpress.com/opticians/gosport/gosport

Phone: 02392 581635

Fareham

ASDA Opticians

Address: Speedfields Park, Newgate Ln, Fareham, PO14 1TT

Website: www.asda.com

Phone: 01329 241885

Boots Opticians

Address: 21 Westbury Mall, Fareham, PO16 0PE

Website: www.bootsopticians.com

Phone: 01329 221822

Leightons Opticians & Hearing Care

Address: 81 West St, Fareham, PO16 0AP

Website: www.leightons.co.uk/pages/fareham-opticians-audiologists

Phone: 01329 287220

Specsavers Opticians and Audiologists

Website: www.specsavers.co.uk/stores/fareham

Address: 37 West St, Fareham, PO16 0BA

Phone: 01329 826126

Stubbington Opticians and Hearing Centre

Address: 39 Stubbington Green, Fareham, PO14 2LE

Website: www.stubbingtonopticians.com

Phone: 01329 663977

Vision Express Opticians

Address: Westbury Rd, Fareham, PO16 0PQ

Website: www.visionexpress.com/opticians/fareham/fareham

Phone: 01329 235700

Fibromyalgia

Fibromyalgia Action UK (FMA UK)

Description: A charity supporting people with fibromyalgia and their families through information, resources, a helpline, and local support groups.

Website: www.fmauk.org

Phone: 0300 999 3333 (National helpline open 10:00 to 16:00 - Monday to Friday)

Email: charity@fmauk.org

Friends With M.E

Description: A Hampshire and Isle of Wight-based charity supporting people affected by ME/CFS, Fibromyalgia and Long Covid. They offer friendship, peer support and opportunities to connect through online groups, social activities and local meetups, helping to reduce isolation.

Website: www.friendswithme.org.uk

Email: membership@friendswithme.org.uk

Gastrointestinal / digestive conditions

British Liver Trust

Description. National charity focusing on all liver-related conditions (e.g. fatty liver, hepatitis, cirrhosis, liver cancer) — provides nurse-led helpline, information leaflets, support groups or online forums, guidance for patients & families

Address: Venta Court, 20 Jewry Street, Winchester SO23 8FE

Website: www.britishlivertrust.org.uk

Phone: Helpline: 0800 652 7330 (Mon–Fri, 09:00–16:00)

Phone: General enquiries: 01425 481320

Bladder Health UK

Description. Offers support, information and guidance from specialist nurses and expert patients. A network of support groups where sufferers can speak to other sufferers face-to-face and offer tips and support to one another. Some groups meet online using Zoom. Membership from £4 per month.

Website: www.bladderhealthuk.org

Phone: 0121 702 0820 (advice line; weekdays 09:30 – 14:30)

Email: info@bladderhealthuk.org

Bladder & Bowel UK

Description. National charity providing information, advice and advocacy for people with bladder and bowel issues across the UK, including urinary tract problems and incontinence. Helpline and advice for adults. Online guides and resources on managing symptoms.

Website: www.bbuk.org.uk

Phone: 0161 214 4591 (helpline)

Email: bbuk@disabledliving.co.uk

Crohn's & Colitis UK

Description. National charity focused on inflammatory bowel diseases (e.g. Crohn's disease, ulcerative colitis). Provides information, support, helpline, online chat/live-chat, resources, and links to local networks. Helpline and many resources: free. Membership fee (optional) for access to extra resources.

Website: www.crohnsandcolitis.org.uk

Phone: 0300 222 5700 (Helpline open Monday–Friday 09:00–17:00)

Email: helpline@crohnsandcolitis.org.uk

Guts UK

Description. UK-wide charity covering digestive system health and provides information and support about digestive symptoms/conditions; helpline may help with questions, guidance, and signpost further support

Website: www.gutscharity.org.uk

Contact form on their website

Phone: Helpline: 0300 102 4887 (Monday–Friday 10:00–14:00)

Hampshire & IOW IA (Ileostomy & Internal Pouch Association)

Description. Support for people with ileostomies or internal pouches (post-surgery stoma / bowel reconstructions) — peer support, advice, volunteers with lived experience, help adjusting after surgery.

Website: www.iasupport.org

Phone: Helpline 0800 018 4724 (Monday–Friday)

Email: info@iasupport.org

OGCSPLASH (Oesophageal-Gastric Cancer Support for Portsmouth & South Hampshire)

Description. Local support group for people living with or beyond oesophageal / gastric (digestive tract) cancer. Offers peer support, social/meetups, advice and shared experiences; there is also a carers support group.

Website: www.ogc-splash.co.uk

Phone: 07470 290847

Email: OGCSPLASH@yahoo.com

The Urology Foundation

Description. A UK charity that works to improve care and outcomes for people with urological conditions, including research, training and awareness. Provides information and educational resources

Website: www.theurologyfoundation.org

Email: info@theurologyfoundation.org

UTI Information Service and Helpline (Tuesday & Thursday 10am-12noon) 0808 801 1108
nurse@theurologyfoundation.org

Genitourinary / Urinary Tract Disorders

Bladder Health UK

Description. Offers support and information to people living with bladder conditions.

Support and guidance from specialist nurses and expert patients.

A network of support groups where sufferers can speak to other sufferers' face-to face and offer tips and support to one another. Some groups meet online using Zoom.

Membership from £4 per month.

Website: www.bladderhealthuk.org

Phone: 0121 702 0820 (advice line; weekdays 09:30 – 14:30)

Email: info@bladderhealthuk.org

Fight Bladder Cancer

Description. A small charity run by volunteers providing information and support including guidance on what is involved in treatment and questions to ask.

Website: www.fbc.uk.com

Phone: 01844 351621

Email: support@fightbladdercancer.co.uk

Hampshire Bladder and Bowel Service

Description. A team of nurses and advisors who can offer support, assessments, treatment and advice to individuals over 18 years of age who have bladder and or bowel problems.

Support is provided by video appointment, telephone, in clinics or at home

Website: www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/continence

Phone: 02382 311690 and select option 2

Email: hiowh.clinicaladmin@nhs.net

Email: hiowh.continenceservice@nhs.net for product queries

The Urology Foundation

Description. A UK charity that works to improve care and outcomes for people with urological conditions, including research, training and awareness. Provides information and educational resources

Website: www.theurologyfoundation.org

Phone: 0808 801 1108 for UTI Information Service and Helpline (Tuesday & Thursday 10:00-12:00)

Email: info@theurologyfoundation.org

Email: nurse@theurologyfoundation.org

Urostomy Association

Description. A charity offering support for people living with, or about to have, a urinary diversion (e.g., a urostomy, neo-bladder). Provides information (leaflets can be downloaded from their website), practical and emotional support, one-to-one buddying, online meetings, local group meetings and helpline.

Website: www.urostomyassociation.org.uk

Support can be obtained via referral form on website or

Phone: 01223 910854

Email: info@urostomyassociation.org.uk

Gout

UK Gout Society

Description. A UK charity providing information and support to people affected by gout, helping improve understanding of the condition and its treatment.

Website: www.ukgoutsociety.org

Email: info@ukgoutsociety.org

Arthritis Action

Description: A UK charity helping people live well with arthritis. They focus on self-management, offering guidance on exercise, diet, pain control, and mental wellbeing, plus online groups and one-to-one support. Their goal is to empower people to stay active and reduce arthritis' impact. Membership is £25 per year.

Website: www.arthritisaction.org.uk

Phone: 020 3781 7120

Hearing loss / Sensory Impairment

Action Deafness

Description. Support for Deaf / hard-of-hearing people including community support, communication support, BSL services and independent living support. BSL and other contact options available via their website. Most support is free, but some services may have a charge.

Website: www.actiondeafness.org.uk

Phone: 0116 253 3200

Email: enquiries@actiondeafness.org.uk

Ear wax removal

This service is rarely provided by the NHS. The following local individuals and companies offer a chargeable service:

Fareham Hearing Centre

Address: 103 Highlands Rd, Fareham PO15 6HZ

Website: www.farehamhearingcentre.com

Phone: 01329 762152

Fareham Bupa Health Centre

Address: Suites 1 And 2 Faretec, Cams Hall Estate Fareham PO16 8UY

Phone: 0370 218 6416

Jaffers Pharmacy

Address: 3 Alver Village Square, Grange Road, Gosport, PO13 8ZW

Phone: 023 9252 9766

Just Ears

Address: Knott Kinetics, 49 Stoke Rd, Gosport PO12 1LS

Website: www.justears.co.uk

Email: admin@justears.co.uk

Phone: 03455 27 27 27

Mobile Ear wax removal

Description: Service provided in your home.

Phone: 07350 877 206

Scrivens Hearing Care

Scrivens

Address: 103 High Street, Gosport, PO12 1DS

Phone: 02392 581 719

Solent Clear Ear. Lee-on-the-Solent

Address: Unit 7, 4 Meteor Way, Fareham, PO13 9FU (near to CEMAST College)

Website: www.solentearclear.co.uk

Phone: 01329 533001

Email: info@solentearclear.co.uk

Solent Ear Wax Clinic

Address: Unit 2, Fareham Enterprise Centre, Hackett Way, Fareham PO14 1TH

Website: www.solentearwaxclinic.co.uk

Phone: 01329 722721

South Coast Ears

Facebook Page: www.facebook.com/SouthCoastEars

Phone: 01329 665965

Specsavers

Address: 37 West Street, Fareham, Hampshire, PO16 0BA

Phone: 01202 076636

Stubbington Health

Address: 3 Stubbington Lane, Fareham, PO14 2PP

Phone: 01329 665871.

Stubbington Opticians and Hearing Centre

Website: www.stubbingtonopticians.com

Address: 39 Stubbington Green, Fareham PO14 2LE

Phone: 01329 663977

Email: info@stubbingtonopticians.com

Tombs & Allen

Address: 5, Portland Buildings, Stoke Rd, Gosport PO12 1JH

Phone: 023 9258 3751

Waxy Ears

At Fareham Community Hospital (Only on Thursdays)

Address: Fareham Community Hospital, Brook Lane, Sarisbury, Fareham, SO31 7DQ

Website: www.waxyyears.co.uk

Waxtract

Address: Fareham Wellness Yard, 1a Kiln Acre Business Park, Wickham Road, Fareham. PO16 7JS

Phone: 01329 448522 or 07787448004

Hampshire County Council — Sensory Loss Team (Adult Services & Sensory Reablement)

Description. Statutory social-care support and signposting for people with sight or hearing loss (needs assessments, equipment/advice, sensory reablement in the home)

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/sight-hearing-loss

Contact form on website

Phone: 0300 555 1386

Textphone 0300 555 1390

Hearing Dogs for Deaf People

Description. Trains hearing dogs to help people who are deaf or severely hard of hearing helpdesk and wider support (also run Hearing Link services). Dogs are provided at no direct cost to recipients (application and assessment process applies).

Website: www.hearingdogs.org.uk

Phone: 01844 348100

Email: info@hearingdogs.org.uk

Portsmouth Association for the Welfare of the Deaf and Dumb

Description. Local charity supporting Deaf people in the Portsmouth / Fareham / Gosport area (community services, advocacy and social support).

Address: 200 West Street, Portchester, Fareham. PO16 9XQ.

Phone: 07450 241773

Email: dmj020707@hotmail.co.uk

Portsmouth Hospitals University NHS Trust — Audiology

Description. NHS audiology services (hearing tests, hearing aid fitting & aftercare, tinnitus support, balance/vestibular clinics); outpatient clinics include Gosport War Memorial and Fareham Community Hospital.

Website: www.porthosp.nhs.uk/departments-and-services/audiology

Phone: 02392 286454 / 02392 286289

Email: pho-tr.phtaudiology@nhs.net

RNID (formerly Action on Hearing Loss)

Description. National information & helpline about hearing loss and tinnitus, benefits and workplace advice

Website: www.rnid.org.uk

Live chat and BSL available via their website

Phone: 0808 808 0123

Email: contact@rnid.org.uk

Scrivens Hearing Care

Description. Community hearing service partner for local NHS self-referral pathways (hearing tests, hearing aids, aftercare, batteries).

Address: 103 High Street, Gosport, Hampshire, PO12 1DS

Website: www.scrivens.com/hearing

Phone: 02392 581 719

Sense (support for deafblind & people with complex sensory needs)

Description. National charity focused on people with complex needs and deaf-blindness —

services include short breaks/holidays, supported activities, advocacy and referrals.

Website: www.sense.org.uk

Email: supporterservices@sense.org.uk

South Hampshire Deaf Children's Society

Charity supporting families with deaf children — parent support, grants, events, play sessions and information for education & equipment.

Website: www.shdcs.org.uk

SignVideo

Description: A live, free to use translation service available in British Sign Language (BSL) and Irish Sign Language

Text Relay: 18001 0300 222 1122

Contact in languages other than English, call 0333 150 3456 and say the English word for the language you would like to use. An interpreter will usually call you back within 5 minutes.

The Elizabeth Foundation

Description: Charity working with families helping deaf young children with hearing loss to listen and talk. It runs a Family Centre and partners with Portsmouth Hospitals for paediatric audiology/screening services. Other services are provided in person and online.

Website: www.elizabeth-foundation.org

Phone: 02392 372735

Email: info@elizabeth-foundation.org

Hearing Test & Aids

In addition to NHS provided services a number of local companies offer private chargeable hearing test and hearing aid services including:

Fareham Hearing Centre

Address: 103 Highlands Road, Fareham. PO15 6HZ

Website: www.farehamhearingcentre.com

Phone: 01329 762152

Leightons

Address: 81 West St, Fareham PO16 0AP (in Fareham Shopping Centre)

Website: www.leightons.co.uk/pages/fareham-opticians-audiologists

Phone: 01329 287 220

Email: fareham@leightons.co.uk

Specsavers Hearing Centre Fareham

Address: 37 West St, Fareham PO16 0BA

Website: www.specsavers.co.uk/stores/fareham

Phone: 01202 076636 (main office number)

Phone: 01329 826126 (local branch)

Stubbington Opticians and Hearing Centre

Address: 39 Stubbington Green. PO14 2LE

Website: www.stubbingtonopticians.com

Phone: 01329 663977

Boots Hearing Centre Fareham

Address: 21, Westbury Mall, Fareham PO16 0PE

Website: www.bootshearingcare.com/hearing-test

Phone: 0345 270 1600 and 01329 221822

Heart Problems – Angina, and Heart Disease

British Heart Foundation (BHF) – National Support & Heart Helpline

Description. UK's leading heart charity providing information, advice, emotional support, and links to local and online support groups.

Website: www.bhf.org.uk

Phone: Heart Helpline 0808 802 1234 – talk to cardiac nurses about heart failure, recovery, medications and lifestyle.

Phone: General enquiries: 0300 330 3322

Cardiomyopathy UK - Hampshire Support Group

Description. Provides a relaxed environment for people affected by cardiomyopathy and their families to hear from a variety of expert speakers and to meet others living with the condition. There are also online meetings

Address: In-person meetings are held at: Valley Park Community Centre, Pilgrims Close, Chandler's Ford, Eastleigh SO53 4ST

Email: services@cardiomyopathy.org asking to join the Hampshire Group

Fareham Cardiac Support Group

Description. A community support group for people who have experienced heart problems (including heart failure, angina and post-heart attack rehabilitation). It offers exercise programmes, education talks, social activities and peer support to help members recover and stay connected.

Address: Meets at Wallington Village Hall, Fareham PO16 8ST first Thursday of every month, 19:30

Phone: 01329 310 187 (Group Secretary, John Willis)

Hampshire County Council Blood Pressure Monitor Loan

Description. Hampshire residents can borrow blood pressure monitors for free from all 40 Hampshire County Council library branches for up to 14 days

Headway Portsmouth and Southeast Hampshire

Description. Provides personalised advice, information and practical support to assist rehabilitation, and maximise recovery and independence.

Website: www.headwayportsmouth.co.uk which has a contact form

Phone: 023 9266 4972

Heart Conditions Peer Support Group (Fareham)

Description. A peer support group set up to connect adults aged 18-50 living with heart conditions with others in similar situations to share experiences and emotional support. Meeting location (subject to change): Holy Trinity Church, 132 West St, Fareham PO16 0EL

Phone: 07570 677 443 (Amy-Beth) or 07585 330 721 (Jo)

Email: heartconditionspeersupport@cfirst.org.uk

Pumping Marvellous

Description: A charity providing guides to many areas of interest to people with Heart failure.

Website: www.pumpingmarvellous.org

Phone: 01772 796542

Email: hearts@pumpingmarvellous.org

Irritable Bowel Syndrome

Guts UK

Description. UK-wide charity covering digestive system health, provides information and support about digestive symptoms/conditions; helpline may help with questions, guidance, and signpost further support

Website: www.gutscharity.org.uk

Contact form on their website

Phone: Helpline: 0300 102 4887 (Monday–Friday 10:00–14:00)

Kidney Disease

Kidney Care UK

Description. Provides practical, emotional and financial support to kidney patients and their families. You can download patient information booklets from the website

Website: www.kidneycareuk.org

Phone: 0808 801 00 00

Email: info@kidneycareuk.org

Kidney Research UK

Description: Charity providing information about kidney disease, treatment options, patient support resources, and opportunities to participate in research.

Website: www.kidneyresearchuk.org

Phone: 0300 303 1100

Email: enquiries@kidneyresearchuk.org

National Kidney Federation

Description: National patient charity providing kidney disease information, patient advocacy, peer support, and a helpline with medical information leaflets.

Website: www.kidney.org.uk

Phone: 0800 169 0936

Email: nkf@kidney.org.uk

Lupus

Lupus UK

Description. A UK charity supporting people with **lupus**, offering information, helplines, and peer support to help manage the condition and connect with others.

Website: www.lupusuk.org.uk

Online Support Group: www.healthunlocked.com/lupusuk

Phone: 01708 731251 (Open 0900hrs to 1700hrs – Monday to Friday)

Email: support@lupusuk.org.uk

Migraine

National Migraine Centre

Description:

A UK charity providing patient support materials, migraine treatment, education, and advice from headache specialists. Many services are available remotely or via online consultation. Some services are free (donation requested) and others chargeable

Website: www.nationalmigrainecentre.org.uk

Phone: 020 7251 3322

The Migraine Trust

Description:

A UK charity dedicated to supporting people affected by migraine. It provides evidence-based information, a free helpline, educational events, advocacy for better healthcare access, and campaigns to improve migraine awareness.

Website: www.migrainetrust.org

Phone: 0808 802 0066 (Free helpline, Mon–Fri 10:00 to 16:00)

Phone: 0203 9510 150 (Office)

Multiple Sclerosis (MS)

Gosport and Fareham MS Group

Description: A local support group run through the MS Society UK to help people affected by multiple sclerosis and their families live well in the Gosport and Fareham area. The group offers information, social activities, exercise classes, workshops and opportunities to connect with others in the community.

Website: www.mssociety.org.uk/support-and-community/near-me/gosport-and-fareham-group

Phone: 07758 699080

Email: gosportfareham@mssociety.org.uk

Gosport & Fareham MS Society Group

Support and community activities for people affected by Multiple Sclerosis, including workshops, social events, exercise sessions and peer support.

Website: www.gosportandfarehamms.org.uk/

Phone: 01329 845976

Email: glenn.m.duggan@ntlworld.com

Local NHS MS Nurse team

Description. The Nurse team will be able to direct the inquiry onto more specialised services and assistance

Aerodrome House, Aerodrome Rd, Gosport PO13 0GY

Phone: 02382 311823

Email: MSTEAM@southernhealth.nhs.uk

MS Society UK

Description. A charity supporting people with multiple sclerosis through information, community services, research funding, and advocacy.

Website: www.mssociety.org.uk

Phone: 020 8438 0700

Phone: Support Line: 0808 800 8000

Email: supportercare@mssociety.org.uk Muscular Dystrophy

Muscular Dystrophy UK (MDUK)

Description. A charity supporting people affected by more than 60 muscle wasting- and weakening conditions. It offers information, advice and community support including local muscle groups, social media and WhatsApp support.

Website: www.musculardystrophyuk.org

Phone: Support Line: 0800 652652 (Open 10:00 to 17:00 Monday to Friday)

Email: info@musculardystrophyuk.org

Myalgic Encephalomyelitis / Chronic Fatigue Syndrome (ME/CFS)

The ME Association

Description. A UK charity supporting people with ME/CFS, post-viral fatigue and Long Covid, providing information, a helpline, advocacy, and community resources. Membership is £18 per year.

Website: www.meassociation.org.uk

Phone: Support Line: 0808 801 0484

Email: membership@meassociation.org.uk

Hampshire Friends With M.E

Description. A Hampshire and Isle of Wight-based charity supporting people affected by ME/CFS, Fibromyalgia and Long Covid. They offer friendship, peer support and opportunities to connect through online groups, social activities and local meetups, helping to reduce isolation.

Website: www.friendswithme.org.uk

Email: membership@friendswithme.org.uk

Obesity and Weight Loss

The NHS provides self-referral programmes which can be found at www.hants.gov.uk/socialcareandhealth/publichealth/healthyweight?utm_source=chatgpt.com

Most other NHS services require referral by your GP.

The following are local organisations where individuals can join programmes that support weight loss and healthy living. Most charge and costs vary by group and often involve membership or session fees.

Glogi

Description. Free access to weight loss programmes, fully funded for Hampshire residents by Hampshire County Council

Website: www.hampshire.glogi.org.uk

MAN v FAT – Gosport Leisure Centre

Description. A weight loss programme for men with a BMI over 27.5, combining football and health support.

Website: www.manvfatfootball.org/gosport

Phone: 0345 163 0042

Email: football@manvfat.com

NHS – Weight Loss Programme

Description. A free 12-week online weight loss plan combining diet advice, physical activity and the NHS Weight Loss Plan app.

Website: www.nhs.uk/better-health/lose-weight

One-to-one diet support with Amanda Gray (Cambridge Weight Plan)

Description. Bespoke coaching sessions and personalised diet support

Website: www.one2onediet.com/AmandaG

Address: 17 Sumar Close, Fareham. PO14 2EH

Phone: 07392 162121

Email: amandagray121diet@hotmail.com

There are a number of other consultants offering the Cambridge Weight plan and details can be found at www.one2onediet.com/find-a-consultant

Reach For The Stars Wellbeing Clinic

Description. One 2 One Support for weight loss using 1:1 Diet products supplied to buy in clinic. Weekly weigh ins and coaching

Address: 34 Rodney Cl, Gosport PO13 8E

Phone: 07585 233521

Slimming World (Lee-on-the-Solent)

Description. Supportive group sessions offering accountability, encouragement and access to online tools. Mondays: 09:30, 11:00, 17:30 and 19:00

Address: Held at Lee-on-the-Solent Tennis, Squash & Fitness Club, 41–47 Manor Way, Lee-on-the-Solent, PO13 9JQ

Phone: 07824 643108

Website: www.slimmingworld.co.uk/counties/hampshire/lee-on-solent Slimming World @ HEDCA

Description. Group weight-management meetings with healthy eating plans & support.

Address: HEDCA, Coombe Road, Gosport, PO12 4JB

Website: www.slimmingworld.co.uk/group/554274

Phone: 07794 805752 (Rebecca)

Slimming World Online

Description. A flexible digital weight loss programme you can access from home.

Website: www.slimmingworld.co.uk/what-happens-online

12 Weeks to Wow Weight Loss & Mindful Eating Centre

Description. Structured weight-loss & mindful-eating support programme.

Address: Solent Business Park, Spaces Centre, 4500 Parkway, Fareham PO15 7AZ

Phone: 07946 641270

Village Pharmacy – Stubbington

Description. Support for patients who have been prescribed, or who may be considered for, Mounjaro® (tirzepatide) as part of a weight management plan. Continuous care under the supervision of prescribing clinicians.

Address: 3 Stubbington Green, Fareham PO14 2JQ

Website: www.thevillagepharmacy.co.uk/weight-loss-service

Phone: 01329 662850

Email: info@thevillagepharmacy.co.uk

Weight Watchers

Description. A number of local services are advertised online but when checking with the national Weight Watchers website they are not listed. As we are not sure which are valid or current groups, they have not been included, and it is suggested you contact the national organisation

Website: www.weightwatchers.com/uk

Osteoporosis and Arthritis

Arthritis Action

Description. A charity helping people live well with arthritis. They focus on self-management, offering guidance on exercise, diet, pain control, and mental wellbeing, plus online groups and one-to-one support. Their goal is to empower people to stay active and reduce arthritis' impact. Membership is £25 per year.

Website: www.arthritisaction.org.uk

Phone: 020 3781 7120

Arthritis UK

Description. A charity dedicated to supporting people affected by arthritis and related musculoskeletal conditions. It offers trusted information, helplines and local support, funds research into better treatments, and campaigns for improved care and understanding of arthritis.

Website: www.arthritis-uk.org

Website: [Online Community Support](#) where you can find support and information

Phone: 0300 790 0400

Phone: Support Line: 0800 5200 520 (Open 0900hrs to 1800hrs Monday to Friday)

Email: enquiries@arthritis-uk.org

National Rheumatoid Arthritis Society

Description. A charity providing information and support by phone for anyone who is struggling with RA, offering practical advice, information and understanding. Information also available on their website.

Website: www.nras.org.uk

Phone: 0800 298 7650

Email: helpline@nras.org.uk

The Royal Osteoporosis Society

Description. A UK charity focused on bone health and osteoporosis. It provides information, support, nurse helplines, and runs groups while promoting research and better care. Membership starts at £36 per year.

Website: www.theros.org.uk

Phone: 01761 471771 (Open 09:00 to 16:30, Monday to Thursday, 09:00 to 16:00 on Friday's)

Phone: Support Line: 0808 800 0035 (Open 09:00 to 12:30 & 13:30 to 17:00, Monday to Friday)

Email: info@theros.org.uk & membership@theros.org.uk

Email: nurses@theros.org.uk (for support)

Versus Arthritis (formerly Arthritis Research UK)

Description: A charity providing information, advice, and support for people living with all forms of arthritis,

Website: www.arthritis-uk.org

Phone: 0800 5200 520 (Monday to Friday 09:00 to 20:00)

Email: helpline@arthritis-uk.org

There are a number of private practices offering services which may be helpful including:

Abshot Osteopathy

Address: Abshot Country Club, Little Abshot Road, Titchfield Common. PO14 4LN

Website: www.abshotosteos.co.uk

Phone: 07908 415376

Email: reception@abshotosteos.co.uk

Alverstoke Chiropractic

Address: 3 St Mark's Rd, Gosport PO12 2DA

Website: www.alverstokechiropractic.com

Phone: 023 9298 2242

Email: info@alverstokechiropractic.com Fareham Foot Clinic

Fareham Foot Health Clinic

Description: General chiropody and podiatry clinic.

Address: 1 High Street, Fareham, PO16 7AN

Website: www.farehamfoothealthclinic.co.uk

Phone: 01329 825156

Email: info@farehamfoothealthclinic.co.uk Hope Physiotherapy

Hope Physiotherapy

Address: 1 Pier Street, Lee On The Solent, PO13 9LD

Website: www.hopephysiotherapy.co.uk

Email: info@hopephysiotherapy.co.uk

Phone: 02392 552266

McMullan Massage Therapy

Address: 183 Gudge Heath Ln, Fareham PO15 6PY

Email: [HYPERLINK "mailto:McMullanMT@gmail.com"McMullanMT@gmail.com](mailto:McMullanMT@gmail.com)

Phone: 07793 535643

Sabz Massage

Address: Unit 7, Wingate Workspace, 25 Wingate Rd, Gosport PO12 4HE

Website: www.sabzglam.com

Email: info@sabzglam.com

Phone: 07341 832167

Solent Sports Injury Clinic

Address: 170 Portsmouth Road, Lee-on-the-Solent, PO13 9AE

Website: www.solentsportsinjuryclinic.co.uk

Phone: 023 9255 3302

Email: solentsportsinjuryclinic@outlook.com

South Coast Rx Physiotherapy

Physio services at Fareham Leisure Centre.

Address: Fareham Leisure Centre, Park Road, Fareham PO16 7JU

Website: www.southcoastrxphysiotherapy.co.uk/clinics/fareham-leisure-centre

nfo@SouthCoastRxPhysiotherapy.co.uk

Phone: 07933 348305

Stubbington Natural Health Clinic

Osteopathic care.

Address: 3 Stubbington Ln, Fareham PO14 2PP

Website: www.stubbingtonnhc.co.uk

Phone: 01329 665871

Tai Yi Health (Dr. Jian Yue) – Acupuncture

Address: 111 Stoke Rd, Gosport PO12 1LR

Phone: 023 9252 7738

Email: taiyihealth@163.com

The Homewood Chiropractic Clinic

Address: Homewood Clinic, 30 Osborn Rd, Fareham PO16 7DS

Website: www.homewoodchiropractic.co.uk

Phone: 01329 280283

Email: frontdesk@homewoodchiropractic.co.uk

Walking On Air – Podiatry for foot/ankle issues affecting gait and MSK pain

Address: 9 Stoke Rd, Gosport PO12 1PE

Website: www.walkingonairgosport.co.uk

Phone: 023 9258 9898

Email: walkingonair5@gmail.com

Paget's Disease

The Paget's Association

Description. A UK charity supporting people affected by Paget's Disease of Bone. It offers information, a nurse helpline, support groups, raises awareness, and funds research to improve care. Membership is £20 per year.

Website: www.paget.org.uk

Phone: 0161 799 4646

Email: helpline@paget.org.uk

Pain (Chronic)

Friends Through Pain (Stubbington / Fareham area)

Description. Monthly support group for people experiencing chronic pain. Meetings include speakers, chat, social time, outings, monthly lunches.

Meets: *Last Thursday of every month*, 10:00–12:30, Stubbington Baptist Church, Jay Close, Stubbington, PO14 3TA

Phone: 02392 524220

Email: Brenda Hadfield, brendahadfield@btinternet.com

Gosport Partners Through Pain

Description. A voluntary, non-profit group based in Gosport, with the express purpose of supporting chronic pain sufferers. Meetings at 10:00 to 12:30 on the last Wednesday of the month

Address: Meetings held at The Parish Hall, Christ Church, Stoke Rd, Gosport PO12 1JQ

Address: Chairwoman: Brenda Hadfield, 14 Flagstaff Green, Royal Clarence Marina, Gosport. PO12 1GG

Website: www.partnersthroughpain.com

Phone: 07980194859

Email: gosportpartnersthroughpain@gmail.com

Hampshire Pain Clinic (Wessex Pain Clinic)

Description. Private specialist pain clinic covering Hampshire, offering consultations (in person or via telehealth), tailored pain management plans. Clinics in Southampton and Winchester. Cost depends on treatment

Website: www.wessexpainclinic.co.uk (online booking available on website)

Phone: 01962 453557

Email: contact@wessexpainclinic.co.uk

Pain Concern

Description. A national charity providing information, support and resources for people living with chronic pain and their carers. They run a helpline, publish advice and materials.

Phone: 0300 102 0162

Email: info@painconcern.org.uk

Pain UK (Alliance of Pain Charities)

Description. Plays a national advocacy and support role for people living with pain. Offers information, peer support, and connects with other pain charities.

Email: info@painuk.org

Partners Through Pain (Gosport)

Description. Local chronic pain peer-support group for sufferers to meet, share experiences, socialise, learn coping strategies, have speakers / discussion.

Phone: 07933 040680

Email: johnfaulkner25.jf@gmail.com

Parkinson's and Essential Tremors

Everyone Active - Fareham Leisure Centre

Description. Free leisure centre membership for people with Parkinson's (and carers) offering gym, pool and classes to help physical wellbeing. Proof of diagnosis needed
Fareham Leisure Centre, Park Lane, Fareham, PO16 7JU

Phone: 01329 233 652

Email: fareham@everyoneactive.com

National Tremor Foundation (NTF)

Description. A charity that provides help, support and advice to all those living with all forms of tremor irrespective of age. Information and downloadable leaflets available on their web site.

They have local support groups (current information on the website) but at the time of writing this the nearest were in Salisbury, Worthing or Sutton.

Website: www.tremor.org.uk/essential-tremor

Email: Essentialtremor.1@gmail.com

Parkinson's café – CUPPA

Description. A meeting for people affected by Parkinsons for advice, support and a friendly chat. Meets at Gosport Discovery Centre on the third Tuesday of the month at 10:30.

Phone: 07955 267385 (organiser Leigh-Beth Stroud)

Email: lstroud@parkinsons.org.uk

Parkinson's Café Gosport

Description. A monthly café session for people living with Parkinson's and their loved ones. Sessions take place at 10:30 to 12:00 on the third Friday of the month. No booking is required. Light refreshments are available for a small donation and there is free parking at the venue. Meets at Henry Cook Centre, South Street, Gosport, PO12 1ES

Phone: 07955 267 385 (organiser Leigh-Beth Stroud)

Email: gosport.parkinsons.uk@outlook.com

Parkinson's Disease Society of the United Kingdom

Description. Better known as Parkinson's UK this charity provides support and help to people with Parkinson's disease.

Website: www.parkinsons.org.uk

Phone: 0808 800 0303

Email: hello@parkinsons.org.uk

Parkinson's Fareham and Gosport Branch

Description. Provides help, social activities, exercise classes etc. They meet around 10 times a month with meetings usually starting at 14:00. On alternate Wednesdays there is a social with coffee and tea with chiropody and reflexology available

Address: Meetings at the Crofton Community Centre, Stubbington Lane PO14 2PP

Website: www.parkinsons-fareham.org.uk

Email: hello@parkinsons-fareham.org.uk

Email: Secretary@parkinsons-fareham.org.uk (David Grimsdale)

Parkinson's Fareham and Gosport Branch-Conductive education

This is held at the Rainbow Centre Fareham.

Phone: 07427 218155 (Cedric Gellingil)

Email: cedgelling@talktalk.net

Working Age Parkinsons Support Group

Description. Peer support group aimed at working-age people with Parkinson's offering social connection and community support. Meets *weekly every Friday from 10:00 until 12:00*

Mountbatten Centre, Alexandra Park, Portsmouth, PO2 9QA

Phone: 07412 871652 - Sallyann Sines

Email: sallyann.sines@yahoo.com

Physiotherapy

Accessible Physiotherapy Services

Description: Home visits, Hydrotherapy / Aquatic Therapy, Learning Disabilities (Adults), Learning Disabilities (Children), Neurology including Stroke, MS, Older people's care

Address: 37 Heathfield Avenue, Fareham PO15 5QD

Phone: 07590 194832

Diane Ormsby Balance Neuro Physiotherapy

Description: Home visits, Neurology including Stroke, MS, Older people's care, Vestibular rehab (balance)

Address: 8 Croftlands Avenue, Stubbington, Fareham PO14 2JR

Phone: 07757 115 336

Email: dianeormsby@balanceneurophysio.com

Glendale Physiotherapy

Description: Arthritis, Back, neck, joints and muscles, Hand therapy, Home visits, Medico-legal / Expert witness, Orthopaedics / Trauma, Pain management, Sports physiotherapy

Address: Glendale, Locks Heath, Southampton SO31 6UN

Phone: 07557 640404

Email: mansishah.physio@gmail.com

Gosport Physiotherapy

Description: Arthritis, Back, neck, joints and muscles, Home visits, Orthopaedics / Trauma, Pilates, Sports physiotherapy, Workplace health

Address: St Vincent College, Forton Road, Gosport Po124qa

Phone: 07875 635 634

Email: info@gosportphysio.co.uk

Hope Physiotherapy Clinic

Description. Acupuncture, Arthritis, Back, neck, joints and muscles, Children's physiotherapy, Continence management, Chronic Fatigue / ME, Hand therapy, Home visits, Hydrotherapy / Aquatic Therapy, Injection therapist, Lymphoedema management, Neurology inc Stroke, MS, Occupational Health / Desk assessment, Older people's care, Orthopaedics / Trauma, Pain management, Pilates, Rheumatology, Sports physiotherapy, Women's health, Workplace health

Address: 1 Pier Street, Lee on the Solent, PO13 9LD

Website: www.hopephysiotherapy.co.uk

Phone: 023 9255 2266

Email: info@hopephysiotherap.co.uk

JS Physio

Description: Provides expert physiotherapy, rehabilitation and home visit services to help clients recover from injury, reduce pain and increase mobility. Personalised, evidence-based treatment is tailored to each individual.

Website: www.jsphysio.uk

Phone: 07345591484

Email: info@jsphysio.uk

KD Physiotherapy

Description: Arthritis, Back, neck, joints and muscles, Children's physiotherapy, Hand therapy, home visits, Medico-legal / Expert witness, older people's care, Orthopaedics / Trauma, Pain management, Rheumatology, Sports physiotherapy

Address: Cams Hall, Fareham PO16 8AB

Phone: 07540 758 582

Email: kdphysiotherapy@gmail.com

LBPhysio at Coastal Clinics

Description: Back, neck, joints and muscles, Workplace health, Orthopaedics / Trauma

Address: South Street, Gosport, PO12 1EL

Phone: 0845 2411865

Email: lisabrown@lbphysio.co.uk

NHS

Description: Advice on Physiotherapy and how to obtain NHS provided treatment.

Website: www.nhs.uk/tests-and-treatment/physiotherapy

Physiotherapy@home

Description: Amputee rehabilitation, home visits, older people's care, back, neck, joints and muscles, Neurology including Stroke, MS, Orthopaedics / Trauma, Acupuncture, Arthritis, Learning Disabilities (Adults)

Address: PO14 3DS

Phone: 02392 361925

Email: michelleyoung1@msn.com

Westbrook Wellness

Description: Pilates

Address: 22 Parker Close, Elson, Gosport PO12 4BD

Phone: 07947 280146

Email: mark.westbrook@yahoo.co.uk

Wickham Physiotherapy Clinic

Address: High Street, Wickham, Fareham PO17 5JT

Phone: 07789 723 999

Email: clinic@bp-physio.co.uk

Plantar Fasciitis

Active Step

Description. A podiatry clinic in Fareham, offering treatment for foot, ankle, and lower limb pain, including gait analysis, injury rehab, and nail care.

Address: Unit A2, Segensworth Business Centre, Segensworth Road, Fareham. PO15 5RQ

Website: www.activestep.co.uk

Phone: 01489 881 204

Email: info@activestep.co.uk

Podiatry

NHS services

The NHS offers foot treatment and advice to maintain independence and mobility, as well as reduce the risk of ulceration, infection and amputation in those at high risk of developing foot problems due to conditions such as diabetes, and is available at several community locations across Hampshire and the Isle of Wight:

Website: www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/podiatry

Phone: 0300 300 2012

Email: hiowh.podiatryportsoton@nhs.net

If you are aged 10 and over and have a registered GP in Portsmouth, Southampton, Fareham, Gosport, East Hampshire, or West Hampshire area and have been struggling with painful in-growing toenails, you can self-refer for a nail assessment via their online-self-referral form at

Website: [Solent NHS Self-Referral](#)

They also offer a fee-paying service by the Foot Health Experts, formerly known as Tip Toe, to support patients who are not eligible for NHS podiatry, offering alternative options for routine foot care, such as nail and hard skin treatments. The service is also used by NHS eligible patients who choose to receive more frequent care within a safe podiatry setting. Details of locations (which include Gosport War Memorial Hospital) and prices can be found at

Website: www.hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/podiatry/foot-health-experts

Phone: 0300 300 2015 to make a booking

Private fee-paying services

As podiatry services provided under the NHS are limited many people use fee charging providers. Some local ones are:

Age UK – Foot Care Services/Podiatrists

Description. Age UK can offer a more enhanced service such as treating verrucae, athlete's foot and bunions. At the moment the nearest service is provide by Age UK Portsmouth at

Address: The Bradbury Centre, 16-18 Kingston Road, Portsmouth. PO1 5RZ

Website: www.ageuk.org.uk/services/in-your-area/foot-care

Phone: 02392 862121 or 0800 678 1602

Email: reception@ageukportsmouth.org.uk

Alverstoke Podiatry Limited

Description. Hard Skin Removal, Corn Removal, Verruca Treatment, Diabetic Foot Care, Nail Cutting, Ingrown Nail Care.

Website: www.alverstokevillagepodiatry.co.uk

Phone: 07599 845800

Coastal Soles Footcare

Description. Includes footcare, nail trimming, corn and callus removal, cracked heels, Diabetic foot care

Website: www.coastalsolesfootcare.co.uk

Phone: 07825 168843

Email: dawn@[coastalsolesfootcare.co.uk](mailto:dawn@coastalsolesfootcare.co.uk)

Fareham Foot Clinic

Description. General chiropody and podiatry clinic. 1 High Street, Fareham, PO16 7AN

Website: www.farehamfoothealthclinic.co.uk

Phone: 01329 825156

Email: info@farehamfoothealthclinic.co.uk

Foot Care Plus by Emma Chandler

Description. Provides chiropody services at your home. Treatments provided include nail cutting and filing, diabetic care (including regular sensory checks), treatment of and management of thick and fungal nails, ingrown nails, cracked heels, removal of corns and calluses. Advice and guidance on management of dry skin complaints and verrucae.

Website: www.chiropodyandfhp.org.uk/members/emma-chandler

Phone: 07938 057973

Email: emmajchandler@outlook.com

Foot Health South

Description. They provide home visits for house bound patients in the local area for simple to complex issues such as: routine footcare, diabetic foot screening, corns and callus, verruca treatment, ingrown toenail management, neurovascular assessment, and fungal nails.

Website: www.foothealthsouth.co.uk

Phone: 07470 586238

Email: foothealthsouth@gmail.com

Home Help Hub

Description. This website helps you find mobile foot care specialists and mobile chiropodists for safe, convenient home foot care, and connect you with verified professionals in your area.

Website: www.homehelphub.uk/foot-care/southampton

Phone: 01483 954765

Email: hello@homehelphub.uk

Home Visit Foot Care by Sharon Bailey

Description. Provides chiropody services at your home. Treatments provided include corns, callous, ingrown toenails, reduction of thickened nails, routine toenail cutting. Services also offered to diabetic patients.

Website: www.homevisitfootcare.co.uk

Phone: 07914 715548

Email: homevisitfootcare@gmail.com

Hope Physiotherapy Clinic

Description. Prevention, diagnosis and treatment of a wide range of foot-related conditions.

Mr Calvin Lichowe Podiatrist,

Address: 1 Pier Street, Lee-on-the-Solent, Hampshire, PO13 9LD

Website: www.hopephysiotherapy.co.uk

Phone: 02392 552266

Maria Winnem

Description: Home visiting

Phone: 07544265942

Mobile Foot Health Care by Michelle Orchard

Description: Provides chiropody services at your home. Treatments provided include, Nail trimming, Corns, Callus, Ingrown toenail issues, Hard skin, Thick or fungal nail condition etc. Also qualified to advise and treat Diabetic patients.

Monday to Friday 09:00 – 15:00. Some early evening appointments are available for people who work.

Website: www.chiropdyandfhp.org.uk/members/michelle-orchard

Phone: 07512 190157

Email: Miorchard@sky.com

Mobile Foot Clinic

Description: Foot problems treated: general nail cutting, ingrown nails, thick nails, corns & callus, and split heels.

Website: www.mobilefootclinic.uk

Phone: 02392 045835 / 07748 558772

Email: via a link on the website

Solent Foot Care

Description: Treatments cover general nail care, nail cutting, reduction of thickened nails, relief from cracked heels, hard skin, callus and corns

Phone: 07738 661591

Email: solentfootcare@gmail.com

Solent Soles Podiatry (Elly)

Description. Services include diabetic foot assessments & foot care, nail cutting, thickened & ingrowing toe nails, fungal skin & nail infections, corns, callus/hard skin, verrucae, wound care, biomechanical assessment. orthotic provision and footwear assessment

Website: www.solentsolespodiatry.com

Phone: 07866 479039

Email: elly@solentsolespodiatry.com

Sophie's Mobile Foot Clinic

Description. Checks and treats any foot health concerns including: hard skin, callus, corns, cracked heels, fungal nails, thick & damaged nails, Ingrowing toe nails, foot pain, athletes' foot, and diabetic foot care

Website: www.sophiesmobilefootclinic.com

Phone: 07469 189421

Email: sl.fraser90@outlook.com

Walking on air

Description. General chiropody and podiatry clinic.

Address: 9 Stokesway, Stoke Road Gosport PO12 1PE

Website: www.walkingonairgosport.co.uk

Phone: 02392 589898

Email: walkingonair5@gmail.com

Polymyalgia Rheumatica (PMR)

PMRGCAuk

Description. A UK charity supporting people with polymyalgia rheumatica (PMR) offering information, helplines, and local or online support groups.

Website: www.pmgca.org.uk

Phone: Helpline: 0300 111 5090

Email: helpline@pmrgca.org.uk

PMRGCAuk (Havant Support Group)

Description. A local support group where people with PMR or GCA and their families can meet, share experiences, and access support. Meets second Monday of the month.

Address: Meetings at: Community Room, Tesco Extra Store, Solent Road, Havant. PO9 1TR

Website: www.pmgca.org.uk/author/havant-group

Phone: 0300 999 5090

Email: havant@pmrgca.org.uk

Psoriatic Arthritis

Arthritis UK

Description. Support and information on psoriatic arthritis, plus online communities and local groups across the UK.

Website: www.arthritis-uk.org/information-and-support/understanding-arthritis/conditions/psoriatic-arthritis

Phone: Helpline: 0800 5200 520 (Open 09:00 to 18:00 – Monday to Friday)

Email: enquiries@arthritis-uk.org

Arthritis Action

Description. UK charity providing self-management support, wellbeing resources and peer support options for people with arthritis

Website: www.arthritisaction.org.uk/psoriatic-arthritis

Phone: 020 3781 7120

Email: info@arthritisaction.org.uk

Raised Cholesterol / Lipid Abnormalities

British Heart Foundation

Description: National charity providing information on heart and circulatory conditions including high cholesterol. Offers support resources, lifestyle advice, and a nurse-led helpline for patients and carers

Website: www.bhf.org.uk

Phone: 0808 802 1234 (Monday to Friday 10:00 to 17:00)

Email: hearthelpline@bhf.org.uk

HEART UK – The Cholesterol Charity

Description: The UK's main charity dedicated to supporting people with high cholesterol and other lipid disorders. Provides expert information, patient resources, webinars, and a cholesterol helpline run by healthcare professionals.

Website: www.heartuk.org.uk

Phone: 0345 450 5988 (Monday to Friday 10:00 to 15:00)

Email: ask@heartuk.org.uk

Raynaud's Phenomenon

Scleroderma & Raynaud's UK (SRUK)

Description. The UK's leading charity dedicated to improving the lives of people affected by scleroderma and Raynaud's phenomenon. It provides trusted information, emotional and practical support, funds research, and raises awareness so that everyone living with these conditions can access the help they need.

Website: www.sruk.co.uk

Phone: Helpline: 0800 311 2756 (Open 09:00 to 19:00 – 365 days of the year)

Email: info@sruk.co.uk

Respiratory diseases (COPD, etc.)

Live Well With COPD

Description. Provides advice and guidance and social contact at monthly Support Group meeting for those with COPD. Meetings every first Thursday of the month between 14:00 and 16:00.

Address: Meetings at the Gosport Leisure Centre, Forest Way, Gosport. PO13 0ZX

Website: www.lwcopd.co.uk

Phone: 0746 8054992

Email: secretarycopd@outlook.com

Rheumatoid Arthritis

Arthritis UK

Description. Support and information on rheumatoid arthritis, plus online communities and local groups across the UK.

Website: www.arthritis-uk.org/information-and-support/understanding-arthritis/conditions/rheumatoid-arthritis

Phone: Helpline: 0800 5200 520 (Open 09:00 to 18:00 – Monday to Friday)

Email: enquiries@arthritis-uk.org

Arthritis Action

Description. UK charity providing self-management support, wellbeing resources and peer support options for people with arthritis.

Website: www.arthritisaction.org.uk/living-with-arthritis/what-is-arthritis/rheumatoid-arthritis

Phone: 020 3781 7120

Email: info@arthritisaction.org.uk

National Rheumatoid Arthritis Society (NRAS)

Description. A UK charity supporting people with rheumatoid arthritis and juvenile arthritis, offering information, resources, and community support.

Website: www.nras.org.uk

Phone: Helpline: 0800 298 7650 (Open 09:30 to 16:30 – Monday to Friday)

Scleroderma

Scleroderma & Raynaud's UK (SRUK)

Description. The UK's leading charity dedicated to improving the lives of people affected by scleroderma and Raynaud's phenomenon. It provides trusted information, emotional and practical support, funds research, and raises awareness so that everyone living with these conditions can access the help they need.

Website: www.sruk.co.uk

Phone: Helpline: 0800 311 2756 (Open 09:00 to 19:00 – 365 days of the year)

Email: info@sruk.co.uk

Sexual Health and Contraception

Gosport War Memorial Sexual Health Clinic

Description. Offers STI testing and treatment, Emergency contraception, contraception (including injection, implant and coils), pregnancy testing and HIV care. Unplanned pregnancy services (BPAS) Access is by appointment via the Let's Talk About It sexual health service or by phoning.

Address: Entrance 3, Bury Road, Gosport, Hampshire, PO12 3PW. Open 08:00 – 20:00, Monday's, Tuesday's & Thursday's only.

Website: www.nhs.uk

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016 – Lines open 08:15 – 15:00, Monday to Friday

Let's Talk About It

Description. An NHS sexual health information and service portal offering guidance, support, and clinical services related to sexual and reproductive health. The website is run by the Hampshire and Isle of Wight Healthcare Sexual Health service and is aimed at helping people access advice, prevention, testing, treatment, and contraception.

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016 – Lines open 08:15 – 15:00, Monday to Friday

Your call will be taken by specialist Sexual Health clinicians and other staff who will be able to advise on the best care for you.

St Mary's Community Health Campus

Description. Provides confidential NHS sexual health care, including STI testing and treatment, HIV testing, contraception (including emergency contraception), pregnancy testing, and free condoms. Access is by appointment via the Let's Talk About It sexual health service.

Address: Block A, 2nd Floor, St Mary's Hospital, Milton Road, Portsmouth, Hampshire, PO3 6AD. Open 08:00– 20:00 Monday to Thursday and 08:00 – 16:00 on Friday's

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016 – Lines open 08:15 – 15:00, Monday to Friday

sh.uk

Description. SH.UK is a free online sexual health service in partnership with the NHS and run by Preventx Limited. It acts as a digital sexual health clinic offering confidential services for people aged 16 and over in eligible areas of the UK. The service provides testing for a range of sexually transmitted infections including chlamydia, gonorrhoea, HIV, syphilis, hepatitis B and hepatitis C via samples you can collect at home.

Website: www.sh.uk

Pharmacies

Some pharmacies including Boots, 111 High Street, Lee-On-Solent, PO13 9bU (023 9255 0252) offer the contraceptive pill for free without a prescription. If you are aged 18 years or older, you can also buy the progesterone-only pill from most pharmacies.

Website: [Find a pharmacy that offers the contraceptive pill without a prescription](#)

In addition to GPs and Sexual Health Clinics most local pharmacies including Boots 111 High Street, Lee-On-Solent, PO13 9BU **Phone:** (023 9255 0252) offer the emergency contraceptive pill for free. If you're aged 16 or over, you can also buy it from most pharmacies.

Website: www.nhs.uk/contraception/emergency-contraception

Sjögren's Syndrome

British Sjögren's Syndrome Association (Sjögren's UK)

Description. A UK charity that supports people living with Sjögren's syndrome and their families. Providing information, peer support, local groups, helpline services and advocacy. Membership £30 per year.

Website: www.sjogrensuk.org

Phone: Helpline: 0121 478 1133 (Open 09:30 to 16:00 – Monday to Wednesday and 09:30 to 20:00 – Thursday & Friday)

Skin conditions / Dermatological Issues

Changing Faces

Description. Charity providing support and information for people with visible differences, scars, marks or conditions affecting appearance, including emotional wellbeing support, peer support, workshops and skin camouflage services (specialist makeup to help appearance differences)

Wellbeing services are provided across the UK by telephone, email or Zoom. For those more local, face-to-face sessions may be possible in London and Sheffield.

Skin Camouflage is a face-to-face service and therefore you would need to access a centre

Website: www.changingfaces.org.uk

Phone: Support & Information Line: 0300 012 0275 (open weekdays)

Email: info@changingfaces.org.uk

Dermatouch – Fareham/Whiteley

Description. Private skin care clinic providing skin care treatments and consultations (cosmetic and non-surgical skin concerns).

Address: 4 Shetland Rise, Whiteley, Fareham PO15 7JP

Website: www.dermatouch.co.uk

Phone: 07761 168834

Email: rebecca@dermatouch.co.uk

Julia Howard - Skin Clinic

Description. Private skin and beauty clinic

Address: 15 Mendips Road, Fareham, PO14 1QD

Website: www.juliahoward-skinclinic.co.uk

Phone: 07500 707373

Contact form on website

National Eczema Society

Description. Charity providing expert information, advice, support resources and awareness for people with eczema and dermatitis, including factsheets, guidance and community resources.

Address: 82 Tanner Street, London SE1 3GN

Website: www.eczema.org

Phone: 020 7281 3553

Email: info@eczema.org

Pro Derm Aesthetics Ltd – Gosport

Description. Private medical spa. Aesthetic/dermal treatments — often focused on cosmetic skin concerns.

Address: 66 Brewers Lane, Bridgemary, Gosport. PO13 0LA

Website: www.prodermaesthetics.co.uk

Phone: 01329 220880

Email: contact@prodermaesthetics.co.uk

Stroke

Fareham Stroke Club

Description. Social and support club for stroke survivors and their carers — includes activities, speakers, exercise, quizzes, craft afternoons and outings; provides opportunities to meet local peers and reduce isolation.

Phone: 01329 231899

Gosport Stroke Club

Description. An independent social group in the Gosport area for stroke survivors and their carers, offering friendship, support, weekly social and therapeutic activities (games, speakers, quizzes), and outings to combat isolation, relying on volunteers

Phone: 023 9258 3798

Life After Stroke Support Service

Description: An NHS and Stroke Association partnership in Hampshire that offers help after discharge from hospital, linking survivors to rehab and community support and helping to regain independence

Accessed via the Stroke Association or GP referral (call the Stroke Association helpline

Phone: 0303 3033 100)

Stroke Association

Description. Charity offering information, practical and emotional support, rehab guidance, community connections and access to local stroke clubs; also runs the Stroke Helpline.

Website: www.stroke.org.uk

Phone: 0303 3033 100 (stroke helpline open Monday - Friday: 09:00 17:00 Saturday: 10.00 – 13:00)

Email: helpline@stroke.org.uk

Stubbington Stroke Support Group

Description. Group run in association with the Stroke Association — offers peer support, conversation, social activities, information and shared experiences for stroke survivors. Meets on Wednesdays during school term time at The Crofton Club, 31 Titchfield Road, Stubbington, Fareham, PO14 2JH

Website: www.stroke.org.uk/stroke/support/groups/stubbington-stroke-group

Phone: 07599 822435 (Mandy Crockford)

The Rainbow Centre

Description. A charity that helps people improve from any stage, learn new skills and take back control increasing the quality of their life. Most services are fee charging – see website for details.

Address: The Bradbury Building, Palmerston Drive, Fareham PO14 1BJ

Website: www.rainbowcentre.org

Phone: 01329289500

Email: enquiries@rainbowcentre.org

Thyroid Disorders

British Thyroid Foundation

Description: National UK charity dedicated to supporting people with all types of thyroid disorders (underactive, overactive, Hashimoto's, Graves', nodules, etc.). They provide information, peer support, a telephone helpline, local support groups, and online communities.

Website: www.btf-thyroid.org

Phone: 01423 810 093

Email: info@btf-thyroid.org

Thyroid UK

Description. Charity offering support networks, online forums, telephone and email peer support for people living with thyroid problems. They don't diagnose but provide shared experiences and support.

Website: www.thyroiduk.org

Phone: 01255 820407

Email: enquiries@thyroiduk.org

Butterfly Thyroid Cancer Trust

Description. Charity focused on support for people affected by thyroid cancer. Offers emotional peer support, helpline, buddy system, and information throughout diagnosis, treatment and follow-up.

Website: www.butterfly.org.uk

Phone: 07399 564463

Email: enquiries@butterfly.org.uk

Health and Wellbeing

Carer Support

Bee Released Counselling for Carers

Description: A Social Enterprise with locations in Fareham and Gosport that focuses on supporting carers through difficult and turbulent times. A confidential, impartial and empathic service that understands the additional responsibility, loneliness and also how life changing caring can be. Specialising in anxiety, depression, stress, loss, anger & relationships. This 1:1 service supports all carers including young carers (11-25)

Website: www.beereleasedcic.org.uk

Phone: 07584 675104

Email: beereleased@gmail.com

Carers UK

Description: Help and advice for carers.

Address: 20 Great Dover Street, London SE1 4LX

Website: www.carersuk.org/help-and-advice

Phone: 0808 808 7777

Email: advice@carersuk.org

Hampshire County Council – Young Carers Support

Description: HCC's children's services offer support and advice to young carers such as a young carer's assessment, which can help access support tailored to your needs, referral to local projects and assistance through health, education or social care professionals

Website: www.hants.gov.uk/socialcareandhealth/childrenandfamilies/supportyoungpeople

Phone: 0300 555 1384

Email: childrens.services@hants.gov.uk

Hampshire Young Carers Alliance (HYCA) www.hyca.org.uk

Description: A county-wide partnership including projects that support young carers (aged about 8–18 years) with clubs, activities, outings and 'time out' from caring responsibilities. Wellbeing support, mentoring and life skills. Opportunities to meet other young carers and build confidence and resilience.

Website: www.hyca.org.uk

Princess Royal Trust for Carers (PRTC) Hampshire - Fareham & Gosport

Description: Tailored support for unpaid carers, offering information, advice, one-to-one support, emergency planning, respite opportunities, support groups, training, and help with finances

Website: www.carercentre.com

Phone: 01264 311680- General enquiries

Phone: 0800 169 1577- Emergency out of hours

Email: info@carercentre.com

Community & Voluntary Services

Community First

Description. Provides support services including: Transport and Mobility Services; Community and Sports Facilities; Volunteering; Home & Gardening Services; Young Carers support and Training and Counselling

Address: Gosport office- Martin Snape House, 96 Pavilion Way, Gosport PO12 1FG

Website: www.cfirst.org.uk

Phone: 023 9258 3836

Hampshire County Council – Community Support

Description. Information on local community services, support organisations and practical help available across Hampshire.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare

Lee-on-the-Solent Voluntary Care Group

Description: A local charity providing two services for elderly people within Lee on the Solent.

1. Volunteers use their own cars, to provide reasonably priced transport for elderly residents who have difficulty with public transport, to get to medical appointments.

Phone: 07807 267630 for bookings. Please leave a message and one of their co-ordinators will return your call as soon as possible.

2. A weekly Monday Lunch Club providing a cooked two-course meal and transport if required.

Phone: 07766 463974 for bookings

Email: leevcg@gmail.com for general enquiries

Emergency Boarding for Pets

Cats Protection Gosport

Website: www.cats.org.uk/gosport

Phone: 07825 592921 (09:00 to 18:00)

Email: enquiries@gosport.cats.org.uk

The Cinnamon Trust

Description: A nation-wide charity providing support including short-term foster care for pets during hospital stays and recovery periods

Website: www.cinnamon.org.uk

Phone: 01736 757900

RSPCA

Address: 174 – 176 Ranvilles Lane, Fareham, PO14 3EZ

Website: www.rspcasolentbranch.org.uk

Phone: 01329 666918 or 01329 667541

Email: enquiries@rspcasolent.org.uk

Healthy Eating & Nutrition Advice

BeNourished

Description: Based in Lee-on-the-Solent, helps people thrive through personalised nutrition and holistic wellbeing support. They provide tailored guidance to build lasting health and balance.

Website: www.benourished.co.uk

Email: info@benourished.co.uk

Claire Mace Nutrition

Description: Helps women improve their health and wellbeing through personalised, evidence-based nutrition guidance. Based near Portsmouth, Claire provides practical advice to support lasting, positive lifestyle changes. Monthly subscription service available.

Website: www.clairemacenutrition.com

Email: clairemacenutrition@gmail.com

NHS – Healthier Families

Description. Advice and practical support to help families live healthier lives. Includes tips on healthy eating, physical activity, sleep and wellbeing, from pregnancy through to the teenage years.

Website: www.nhs.uk/healthier-families

NHS – Healthy Weight

Description. Advice for adults and children on maintaining a healthy weight, including tools to check whether you are a healthy weight.

Website: www.nhs.uk/live-well/healthy-weight

NHS – Live Well / Eat Well

Description: Information and guidance about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol. on eating a healthy, balanced diet.

Website: www.nhs.uk/live-well/eat-well

The Nutrition Station

Description: Based in Cosham, Portsmouth, provides personalised nutrition guidance.

Address: 66 High Street, Cosham, Portsmouth PO6 3AJ

Website www.thenutritionstation.uk

Phone: 07973 119388

Men's Health

Andy's Man Club (Men's Peer-to-Peer Support)

Description. Free support group running every Monday from 19:00 except bank holidays. Men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. The club is designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.

No booking, just turn up.

Address: Gosport West Scout Hut, Phoenix Way, Gosport. PO13 0BE

Website: www.andysmanclub.co.uk

Email: info@andysmanclub.co.uk

ManCave Morning

A free weekly drop in for men in Gosport to enjoy coffee, conversation, and creativity in a relaxed, supportive space. 1000hrs to 1200hrs on Friday's

Address: The Studio @ Thirteen Eight, 107 Stoke Road, Gosport PO12 1LR

Website: www.thirteeneight.co.uk/mancave-morning-gosport

Phone: 07496 913799

Email: enquiries@thirteeneight.co.uk

MAN v FAT – Gosport Leisure Centre

Description. A weight loss programme for men with a BMI over 27.5, combining football and health support.

Website: www.manvfatfootball.org/gosport

Phone: 0345 163 0042

Email: football@manvfat.com

Men's Mental Wellbeing Toolkit

Description. Practical tools, local groups and 24/7 help for men.

Website: [Men's Mental Wellbeing Toolkit](#)

Men's Sheds UK

A community led network that connects men across the country through shared activities, practical projects, and social support. It provides welcoming spaces where men can meet, learn new skills, work on hobbies, and build friendships — all in a relaxed, inclusive environment that promotes wellbeing and reduces isolation.

Website: www.menssheds.org.uk

Crofton Men's Shed

Description: A community space where men can work on projects, socialize and build friendships. Open 1st & 3rd Tuesday of the month at 14:00 and 2nd & 4th Thursday of the month at 14:00

Address: Holy Rood Church, Gosport Road' Stubbington. PO14 2AS

Website: [Crofton Men's Shed](#)

Email: mensshed@croftonparish.org.uk (Jeff Gennings - Membership Secretary)

Gosport Men's Shed

Description: 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. Open 09:00 to approximately 14:00 – Monday to Friday

Address: Building P18, St Vincent College, Mill Lane, Gosport. PO12 4QA

Website: www.thegosportshed.org

Facebook: [Gosport Shed – Facebook](#)

Email: gosportshed@gmail.com

Physical Activity & Exercise Guidance

Active 10 App

Description: Encourages short bursts of physical activity to improve health and wellbeing.

Website: www.nhs.uk/oneyou/active10

Alverstoke Lawn Tennis, Squash & Badminton Club

Pay-n-Play Outdoor Courts bookable online

Website: www.altsbc.co.uk

Email: info@altsbc.co.uk

BeActive Hampshire

Description. Supporting Gosport and Lee-on-the-Solent residents to become more active through enjoyable and accessible options, including low-intensity and inclusive group activities.

Website: www.beactivehampshire.org.uk

Phone: 023 8251 2366

Email: hello@beactivehampshire.org.uk

Gosport Healthy Walks

Description: Walks lasting 30 to 90 minutes led by a leader in Gosport and Lee on Solent that help you improve your fitness and enjoy the sociable company of others.

Website: www.cfirfirst.org.uk/wellbeing/gosport-healthy-walks

Phone: 01329 223140

Email: w4h.fareham@cfirfirst.org.uk

Gosport Leisure Centre

Description. A modern leisure centre offering a gym, swimming pool, exercise classes, swimming lessons and exercise referral programmes.

Address: Forest Way, Gosport, PO13 0ZX

Website: www.placesleisure.org/centres/gosport-leisure-centre/

Phone: 023 9253 4950

Email: exercisereferralgosport@pfpleisure.org

Keep Fit and Healthy

Description. Keep Fit, Meditation, Pilates, Yoga, Zumba and Zumba Gold.

Website: www.stfaithsparishcentre.org.uk/exercise-classes

St Faith's Parish Centre, Victoria Square, Lee-on-the-Solent. PO13 9NF

Phone: See website for individual phone contact numbers.

Lee-on-the-Solent Tennis, Squash & Fitness Club

Description. A well-established local club offering tennis, squash and fitness facilities.

Address: 41–47 Manor Way, Lee-on-the-Solent, PO13 9JQ

Website: www.lostclub.co.uk

Phone: 023 9255 0381

Email: info@lostclub.co.uk

ManCave Morning

A free weekly drop-in for men in Gosport to enjoy coffee, conversation, and creativity in a relaxed, supportive space. 1000hrs to 1200hrs on Friday's

Address: The Studio @ Thirteen Eight, 107 Stoke Road, Gosport PO12 1LR

Website: www.thirteeneight.co.uk/mancave-morning-gosport

Phone: 07496 913799

Email: enquiries@thirteeneight.co.uk

MAN v FAT – Gosport Leisure Centre

Description. A weight loss programme for men with a BMI over 27.5, combining football and health support.

Website: www.manvfatfootball.org/gosport

Phone: 0345 163 0042

Email: football@manvfat.com

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A community led network that connects men across the country through shared activities, practical projects, and social support. It provides welcoming spaces where men can meet, learn new skills, work on hobbies, and build friendships — all in a relaxed, inclusive environment that promotes wellbeing and reduces isolation.

Website: www.menssheds.org.uk

Crofton Men's Shed

Description: A community space where men can work on projects, socialize and build friendships. Open 1st & 3rd Tuesday of the month at 14:00 and 2nd & 4th Thursday of the month at 14:00

Address: Holy Rood Church, Gosport Road' Stubbington. PO14 2AS

Website: Crofton Men's Shed

Email: mensshed@croftonparish.org.uk (Jeff Gennings - Membership Secretary)

Gosport Men's Shed

Description: 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. Open 09:00 to approximately 14:00 – Monday to Friday

Address: Building P18, St Vincent College, Mill Lane, Gosport. PO12 4QA

Website: www.thegosportshed.org

Facebook: [Gosport Shed – Facebook](https://www.facebook.com/GosportShed)

Email: gosportshed@gmail.com

NHS – Exercise

Description. Guidance and workout plans to support fitness and wellbeing, including advice for adults, older adults, children, wheelchair users and families.

Website: www.nhs.uk/live-well/exercise

Steady & Strong with Paula and Becca

Description. Classes are specially designed group exercise sessions that help older adults improve strength, balance, and mobility—key components in reducing the risk of falls and maintaining a full and independent life.

Phone: Paula 07951 907264

Phone: Becca 07891 541512

Physical Health & Prevention

NHS Health Check

Description. A free health check for adults aged 40–74 to help prevent heart disease, stroke, diabetes and kidney disease.

Website: www.nhs.uk/conditions/nhs-health-check

Quit Smoking

NHS – Quit Smoking

Description. Information and support to help you stop smoking.

Website: www.nhs.uk/live-well/quit-smoking

Website: www.nhs.uk/better-health/quit-smoking

Smokefree Hampshire

Description. Offers a stop smoking programme for adults, children and young people, and people with specialised needs, by combining science and psychology. It has in-person or remote support sessions where you'll get advice and guidance from stop smoking experts plus digital support. It can also provide medication and nicotine replacement therapy to make quitting easier.

Website: www.smokefreehampshire.co.uk

Phone: 0800 772 3649

Text: QUIT to 80011

Email: hello@smokefreehampshire.co.uk

Sleep Hygiene

NHS – Sleeping Problems

Description. Information on common sleep problems, causes of tiredness and practical advice to improve sleep.

Website: www.nhs.uk/live-well/sleep-and-tiredness

Website: www.nhs.uk/every-mind-matters/mental-health-issues/sleep

Sleepio

Description. A clinically proven six-week programme for treating insomnia, available free on the NHS.

Website: www.sleepio.com

The Sleep Council

Advice and tips to help improve sleep quality.

Website: www.sleepcouncil.org.uk

Women's Health

Cervical Screening (Smear Tests)

Description. Regular cervical screening helps prevent cervical cancer and is offered through GP practices.

Website: www.nhs.uk/conditions/cervical-screening

Contraception & Family Planning

Advice and support on contraception options, sexual health and family planning are available through GP practices and local sexual health services.

Website: www.nhs.uk/conditions/contraception

Menstrual & Menopause Support

MenoLink

A UK-based menopause support platform offering practical advice, real-life stories, and a welcoming community. MenoLink provides honest, experience-led information to help women navigate perimenopause and menopause with confidence and connection.

Website: www.menolink.co.uk

Menopause Support

Description. Advice on managing menopause symptoms, treatment options and lifestyle support.

Website: www.nhs.uk/conditions/menopause

Menopause Together Gosport

A friendly, supportive community for those experiencing peri-menopause, menopause, or post-menopause.

Facebook Page: www.facebook.com/MenopauseTogetherGosport

Menstrual Health

Description. Information and support for period problems, including heavy or painful periods.

Website: www.nhs.uk/conditions/periods

Pregnancy & Postnatal Wellbeing

Antenatal & Postnatal Care

Description. Support during pregnancy and after birth, including physical and emotional wellbeing.

Website: www.nhs.uk/pregnancy

Mental Health & Emotional Wellbeing

See also the section on Counselling. Many of the organisations supporting people with medical conditions also offer counselling for those affected by the condition.

Anxiety

Anxiety UK

Description: A charity providing support & advice on diagnosis, management and treatment of anxiety.

Address: Nunes House, 447 Chester Road, Manchester M16 9HA

Website: www.anxietyuk.org.uk

Phone: 03444 775 774 (24/7 helpline).

Walk the Talk

Description: Support to overcome social anxiety. Free, for as long needed and with no wait times.

Website: www.walkthetalk.org.uk

Email: hello@walkthetalk.org.uk

Solent Counselling

Description: Private counselling sessions for a range of conditions & symptoms.

Address: 38 Cambridge Road Lee on the Solent Hampshire, PO13 9DH

Phone: 07545 503974

Email: e-mail jane@solentcounselling.com

Website: www.solentcounselling.com

Depression

NHS

Description: Advice on how to cope with depression.

Website: www.nhs.uk/mental-health/self-help/tips-and-support/cope-with-depression

Mind

Description: A registered charity offering information about depression, its symptoms and possible causes, and how you can access treatment and support.

Website: www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care

Phone: 0300 102 1234

Email: supporterrelations@mind.org.uk

General

Anchoring Minds (within Solent Mind)

Description. Emotional wellbeing service for families of serving personnel (Royal Navy & Marines) in Portsmouth, Fareham, Gosport and Isle of Wight.

hiveportsmouth.org.uk+1

Phone: 0300 303 1725 (via Solent Mind)

Andy's Man Club (Men's Peer-to-Peer Support)

Description. Free support group running every Monday from 19:00 except bank holidays. Men can open up about the storms affecting their lives in a safe, judgement-free and non-clinical environment. The club is designed to be free of pressure, there is no obligation for men to speak, they can simply listen if they wish.

No booking, just turn up.

Address: Gosport West Scout Hut, Phoenix Way, Gosport. PO13 0BE

Website: www.andysmanclub.co.uk

Email: info@andysmanclub.co.uk

Bee-Released Counselling CIC

Description. Local community interest company offering counselling (stress, anxiety, bereavement, self-confidence) for Fareham, Gosport, Whiteley; discounted sessions for low income / carers.

Website: www.beereleasedcic.org.uk

Phone: 07584 675104

Email: beereleased@gmail.com

Childline

Description: Free confidential counselling service for young people under 19 about mental health, bullying, family problems, and stress.

Address: Weston House, 42 Curtain Road, London, EC2A 3NH.

Website: www.childline.org.uk

Phone: 0800 1111

Email: counsellor@childline.org.uk

Chill and Chat

Description: Refreshment, adult craft for mental wellbeing, Christians Against Poverty financial advice. Every Thursday 19:00 to 21:00

Address: St. Faith's Hub (Leesland), Tribe Road, Gosport PO12 3NS

Email: stfaithshub@gmail.com

Fareham Counselling Centre

Description. Local counselling service (since 2003) covering Fareham, offering therapy for anxiety, depression, relationship issues etc; includes in-person and online sessions. Fareham Counselling Centre

See website for booking; based in Fareham.

Website: www.farehamcounsellingcentre.co.uk

Hampshire Crisis Support

Description. 24/7 confidential text-line for anyone in Hampshire in crisis: anxiety, stress, suicidal thoughts.

Text: HANTS → 85258

Key to Joy

Description. Charity and membership club offering social, wellbeing and community activities for adults with mild-to-moderate learning difficulties or neurodiversity who live in Fareham & Gosport – helps reduce isolation and supports mental wellbeing.

Website: www.keytojoy.org

Email: activities@keytojoy.org

Men's Mental Wellbeing Toolkit

Description. Practical tools, local groups and 24/7 help for men.

Website: [Men's Mental Health Wellbeing Toolkit](#)

Mental Wellbeing Hampshire

Description. County-wide partnership of organisations offering a broad spectrum of mental health & wellbeing information: self-help, bereavement, workplace, children & young people, veterans, debt & money support.

Website: www.hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire

NHS Crisis Support

If you or someone you care for is in immediate danger, call 999. Alternatively call 111 and select the mental health option to access urgent mental health support 24 hours a day.

NHS – Every Mind Matters

Description. Practical advice and simple steps to help improve mental wellbeing, including managing stress, anxiety, low mood and sleep.

Website: www.nhs.uk/every-mind-matters

NHS – Mental Health Services

Description. Information on NHS mental health services, how to access support and what help is available.

Website: www.nhs.uk/mental-health

No Limits

Description. A charity supporting children and young people with emotional wellbeing, mental health and counselling services.

Website: www.nolimitshelp.org.uk

Refer yourself or refer someone else using a form on the website

PANDAS Support Group – Fareham & Gosport

Description: Peer support drop-in for pre and postnatal mental health issues.

Address: The Family Hub, Lee-on-Solent Infant School, Elmore Road, Lee-on-Solent, Hampshire, PO13 9DYM

Website: www.pandasfoundation.org.uk

Phone: 07854 210113

Samaritans

Description: Offers 24/7 emotional support for people experiencing distress, anxiety, feeling overwhelmed or having suicidal thoughts.

Address: Southampton branch – 11 College Place, London Road, Southampton SO15 2FE

Website: www.samaritans.org

Phone: 116 123

Email: jo@samaritans.org

Sean's Safe Space

Description. A peer-support group in Gosport for anyone aged 16+ offering a safe, confidential space to talk, share experiences, get sign-posted to other services.

Meets: Tuesdays 18:45-20:15 at C2U, 41 High Street, Gosport PO12 1DF.

Website: www.seanssafespace.co.uk

Email: seanssafespace.gosport@gmail.com

Solent Mind (Headquarters)

Description. Provides a range of mental health support services, including wellbeing support, counselling and community programmes for adults. See listings for local support.

Website: www.solentmind.org.uk

Phone: 02382 027810

Solent Mind (Fareham & Gosport Wellbeing Service)

Description. A local branch of the Mind network offering one-to-one support, group workshops, walking groups (Wednesdays 10:00 to 11:30), wellbeing courses, and early-intervention services for anxiety, depression, low mood etc. Local branch at 31 High St, Gosport PO12 1DF

Phone: 01329 281 445

Email: afg@solentmind.org.uk

Talking Therapies Hampshire (iTALK)

Description. Free, confidential NHS talking therapies for people experiencing anxiety, depression, stress or low mood.

Self-referral service for ages 16+ for guided self-help and talking therapies (anxiety, depression, low mood) for those registered with a GP in the area

Website: www.italk.org.uk

Phone: 023 8038 3920

Email: hiowh.tth@nhs.net

The Mix

Description: Free support service for people under 25 offering help with mental health, relationships, and life challenges.

Address: 5th Floor, 4–8 Maple Street, London W1T 5HD.

Website: www.themix.org.uk

Phone: 0808 808 4994

Email: info@themix.org.uk

Text: 85258 for free access to PeerChat

The Moving On Project

Description: Local charity providing confidential counselling for young people aged 11-25 in Fareham & Gosport.

Address: Xperience Youth Centre, Trinity Street, Fareham PO16 7SJ

Website: www.themovingonprojectcounselling.co.uk

Phone: 01329 822331

Email: info@the-mop.org

Young Minds

Description: A charity that provides advice, resources, and support for young people experiencing mental health challenges.

Address: 4th Floor, India House, 45 Curlew Street, London SE1 2ND

Website: www.youngminds.org.uk

Phone: 0808 802 5544

Email: parents@youngminds.org.uk or ymenquiries@youngminds.org.uk

Bereavement Support

Bereavement Care

Description: Operated by Southern Co-op Funeral Services - offers compassionate support to anyone coping with the loss of a loved one. Through one-to-one sessions, support groups, and resources, they provide a safe, confidential space to share experiences and begin healing. Services are free and available in person or online across the South of England.

Address: 157 Fratton Road, Portsmouth, Hampshire. PO1 5ER

Website: www.bereavementcare.uk

Phone: 08081 691 922 (Open 08:30 to 16:30 – Monday to Thursday & 08:30 to 16:00 on Fridays)

Email: info@bereavementcare.uk

Cedar Oak

Description: Offers compassionate care and support to anyone who is facing baby loss, unintended pregnancy or are struggling emotionally after an abortion.

Address: 9 Bemisters Lane, Gosport, PO12 1HB.

Website: www.cedaroak.org.uk

Phone: 02392 523735

Email: office@cedaroak.org.uk

Butterflies Bereavement Support

Description: Offers counselling, support groups, and a friendship phone service to help adults cope with grief and loneliness. Their trained volunteers provide a safe, compassionate space to talk and begin healing across Hampshire & the Isle of Wight. Requested donation of £20 per session, or £10 if on low income, however they will not turn anyone away.

Address: 19 Pirelli Way, Eastleigh, Hampshire. SO50 5GE

Website: www.bflies.org.uk

Phone: 02381 550066 (Open 10:00 to 13:00 – Monday to Thursday)

Email: info@bflies.org.uk

Cruse Bereavement Support

Description: Provides free, confidential help to anyone coping with grief, offering one-to-one support, group sessions, and online resources across the UK.

Website: www.cruse.org.uk

Phone: Helpline: 0808 808 1677 (Open 09:30 to 17:00 – Monday, Wednesday, Thursday & Friday, 13:00 to 20:00 on Tuesdays)

Grief Chat (Ruby Funerals)

Description: Provides free, confidential online support with trained grief counsellors for anyone coping with loss. In partnership with Ruby Funerals, Gosport & Lee-on-the-Solent,

the service offers live chat with a specialist counsellor on weekdays from 09:00 to 21:00. Messages sent outside these hours will be responded to when the service resumes.

Website: www.rubyfunerals.com/grief-chat

Email: lee@rubyfunerals.co.uk

Help in Bereavement

Description: Offers a free voluntary, supportive and totally confidential visiting service for bereaved people.

Phone: 07432 602613

Email: helpinbereavement@gmail.com

Simon Says

Description: Supports children and young people (up to 18) coping with the death or terminal illness of someone close, offering helplines, support groups, and resources across Hampshire.

Website: www.simonsays.org.uk

Helpline: 023 8064 7550

Email: info@simonsays.org.uk

Older, Disabled and Vulnerable People

Assessment of Risk (Home Hazards, Safety)

Blue Lamp Trust

Description: Free home safety and security visits by police vetted volunteers and internet safety support for older and vulnerable people.

Website: www.bluelamptrust.org.uk

You can refer someone or refer yourself by filling in a contact form at www.bluelamptrust.org.uk/make-a-referral

Phone: 0300 777 0157

Hampshire & IOW Fire & Rescue Service- Home Fire Safety Visit

Description: Available to vulnerable people and those aged over 65 a visit is tailored to an individual's needs. Complete a referral form on the website or phone

Website: www.hantsfire.gov.uk/safety/home-safe-home/safe-and-well

Phone: 02380 644000 and press option 1

Hive Portsmouth

Description: Safe at Home is a service that offers advice, home safety and security checks, and small maintenance works to make your home safer to live in. A home safety assessment is available for all in Portsmouth, Gosport or surrounding areas.

Address: Portsmouth City Council, Civic Offices, Guildhall Walk Portsmouth PO1 2AS

Website: www.hiveportsmouth.org.uk/hive-directory/service/1265/view

Phone: 02394 007124

Email: homecheck@portsmouthcc.gov.uk

Senior Advice

Description: A do-it-yourself checklist to help identify any hazards for older persons within the home.

Website: [Home Inspection Checklist for Seniors](#)

Alarm Pendant for Vulnerable Persons

Argenti (recommended by Hampshire County Council)

Description: Personal Alarms for an independent life with around the clock 24/7 monitoring centre.

Website: www.argenti.co.uk

Email: enquiries@argenti.co.uk

Day Centres / Social Clubs / Community Centres

Gosport & District Sports Association (GADSAD)

Description: A charity run by a small band of dedicated volunteers provides recreation, social and sports activities for disabled persons in the local community.

Address: 175 Elson Rd, Gosport PO12 4AB

Website: www.gadsad.co.uk (there is a contact form on website)

Email: secretary@gadsad.co.uk

Lee-on-the-Solent Community Association. Community Centre

Description: Local community centre offering a wide range of events.

Address: 51 Twyford Drive Lee-on-the-Solent PO13 8JU

Website: www.leeonsolent.uk/lee-on-the-solent-community-association

Phone: 02392 552841

Email: loscalisa@gmail.com

Lee-on-the-Solent Voluntary Care Group

Description. A local charity providing two services for elderly people within Lee on the Solent: Transport to and from hospital and other health appointments / a weekly Monday Lunch Club providing a cooked two-course meal and transport if required.

Email: leevcg@gmail.com for general enquiries

Phone: For transport - 07807 267630 - leave a message and your call will be returned.

Phone: For the monthly lunch club 07766 463974

St. Faiths Parish Centre

Description: A community facility in Lee-on-the-Solent.

Address: Victoria Square Lee-on-the-Solent PO13 9NF

Website: www.stfaithsparishcentre.org.uk

Phone: 02392 556445

The Solent Social Club*Description: Local community centre offering a wide range of events.*

Address: 66 High Street Lee-on-the-Solent PO13 9BZ

Website: www.solentsocialclub.co.uk

Phone: 02392 550550

Email: secretary@solentsocialclub.co.uk

Falls Prevention, Safety & Frailty Management

Age UK

Description: Details of what frailty means, living with frailty and outcomes for people living with frailty.

Website: www.ageuk.org.uk/our-impact/policy-research/frailty-in-older-people/understanding-frailty

Phone: 0800 0556112

National Institute for Health and Care Excellence

Description: A guideline and recommendations covering assessing risk of falling and interventions to prevent falls in older and vulnerable persons.

Website: www.nice.org.uk/guidance/ng249

NHS

Description: Details of frailty resources that are intended to help address the common 'frailty syndromes' of falls, immobility, delirium, incontinence and side effects of medication.

Website: www.england.nhs.uk/ourwork/clinical-policy/older-people/frailty/frailty-resources

Government Office for Health Improvement and Disparities

Description: Detailed information regarding falls in older persons.

Website: www.gov.uk/government/publications/falls-applying-all-our-health/falls-applying-all-our-health

Royal College of Nursing

Description: Explanation of why falls and frailty are linked in a cycle of harm and how to minimise or reverse frailty.

Website: www.rcn.org.uk/news-and-events/Blogs/focusing-on-frailty-is-key-to-reducing-falls-090725

Form Filling Assistance

Age Concern Gosport

Description: Help with form filling for Seniors.

Website: www.ageconcerngosport.org.uk

Phone: 02392 604699

Email: info@ageconcerngosport.org.uk

Home Adaptations & Assistive Devices

NHS

Description: Advice on how to obtain free home adaptations from your local council.

Website: www.nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/home-adaptations

Gosport Borough Council

Description: Information on council supplied home adaptations.

Website: www.gosport.gov.uk/article/1707/Disabled-adaptations

Phone: 0300 555 1378

Hampshire County Council

Description: Type 'Adaptations to your home' in the website search box and select Lee on Solent, this will give a comprehensive list of private companies offering home adaptations and assistive devices.

Website: www.connecttosupporthampshire.org.uk

Home Care / Domiciliary Care

Hampshire County Council's care directory

Description: Information about care homes and care at home including details of what financial help is available and what you have to pay for.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/care-services

Hampshire County Council

Description: Domiciliary Care for qualifying older and younger adults.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/professionals/care-and-support-at-home

Email: careathome@hants.gov.uk

homecare.co.uk

Description: A national online search facility for companies that offer home care services with the option of restricting the search to Lee-on-the-Solent & surrounding area.

Website: www.homecare.co.uk/homecare/listings.cfm/searchtown/Lee-on-the-Solent

Phone: 01488 684321

Home Library Service

Hampshire County Council Libraries

Description: If you can't get to the library due to ill-health, disability or caring responsibilities they can arrange for you to have your library books from Hampshire Libraries delivered to your home on a regular basis for free.

For more information or to sign up please visit the link below and click on “Enquire about membership”. Alternatively, you or your representative can enquire at your local library

Website: www.hants.gov.uk/librariesandarchives/library/services/access-for-all/homelibraryservice

Loneliness & Befriending Support

You may also find joining one of the groups mentioned in the “Local Community Groups” section helpful.

Brendoncare Gosport Community Hub

Description: Social clubs and activities for older adults promoting independence and community connections.

Address: The Anchorage, Gosport PO12 1LZ

Website: www.brendoncare.org.uk/brendoncare-clubs

Phone: 01962 857099

Butterflies Friendship Service

Description. A free befriending service for anyone across Hampshire who is lonely and isolated. Services include:

- Bereavement Counselling
- Friendship service, a weekly telephone call from one of our trained volunteers, at a time mutually convenient.
- Bereavement Groups

Website: www.bflies.org.uk

Phone: 02381 550066

Email: info@bflies.org.uk

MHA Communities Hampshire South

Description: Offers social groups, befriending and support for older people to reduce isolation.

Website: www.mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-hampshire-south

Phone: 01329 234409

Royal Voluntary Service

Description. Provides volunteer-led services, including befriending and support to help people stay connected and independent.

Website: www.royalvoluntaryservice.org.uk

Re-engage

Description. A charity dedicated to reducing loneliness in older people through social connections and community activities.

Website: www.reengage.org.uk

St. Faiths Church – Cuppa and Company

Description. A weekly gathering for people who have experienced loss or change, and who would like to spend some time with others.

Website: www.stfaithslee.org/cuppa-company

Phone: Cliff Rook 02392 551300 or Sue Castle 02392 553593

Meals on Wheels/ Community Meals/ Food Delivery Services

Hampshire County Council, meals on wheels

Description: Delivered meals for persons over 55 years or 18 to 55 years if they have certain disabilities.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/meals-on-wheels

The service is provided by Hils Health and independent living support and menus and more information can be found on their website.

Website: www.hils-uk.org/support-at-home/meals/hampshire (Sign up form on website).

Phone 0330 2000 103

Email info@hils-uk.org

Lee-on-the-Solent Voluntary Care Group

Description: A local charity providing a weekly Monday Lunch Club for elderly persons held at St Faith's Parish Hall (Bulson Hall), Lee on Solent with a cooked two course meal and transport if required.

Phone: 07766 463974

Email: leevcg@gmail.com

Personal Care / Help with Daily Living

Community First Home Help

Description: A not-for-profit service providing assistance for anyone who is unable to do their own basic housework and/or shopping. The service enables people to maintain their independence and stay in their own homes.

Website: www.cfirfirst.org.uk/wellbeing/home-services/home-help

Phone: 02392 601314

Email: homehelp@cfirfirst.org.uk

Community First Mend and Tend

Description: A not-for-profit decorating, repair and gardening service. for residents of Fareham and Gosport who are older/vulnerable and/or have a disability and would like to continue living independently in their own home.

Website: www.cfirfirst.org.uk/wellbeing/home-services/mendandtend

Phone: 02392 503871

Email: mendandtend@cfirfirst.org.uk

Curam

Description: Provides 24/7 live-in care services, including dementia care, mobility support, and companionship. They offer flexible hourly home care tailored to your schedule and are CQC regulated.

Website: www.curamcare.com/our-locations/gosport

Phone: 01387 730766

Email: client@curamcare.com

Home Instead

Description: Specializes in home care services in Fareham, Gosport, and surrounding areas, offering a range of support from live-in care to specialist care services.

Website: www.homeinstead.co.uk/fareham-gosport

Phone: 01329 596706

Promedica24

Description: Offers professional and trusted adult care services in Gosport, specializing in live-in home care and domiciliary care. They provide personalized and dependable services.

Website: www.promedica24homecare.co.uk/home-care-gosport

Phone: 0800 086 8686

Email: care@promedica24.co.uk

Renee Healthcare Services

Description: Provides personal care services to support daily activities for individuals with physical disabilities and offers a Respite Care Service for family carers.

Website: www.reneehealthcareservices.co.uk

Phone: 07585844718

Email: info@reneehealthcareservices.co.uk

Serenity Care Solent

Description: Offers a variety of home care services, including personal care, companionship, medication support, and specialist care. They focus on building trust and familiarity with local carers and have a dedicated care manager and office team.

Website: www.serenitycaresolent.co.uk

Phone: 03330 495505

Email: enquiries@serenitycaresolent.co.uk

Trinity Homecare

Description: They provide visiting and live-in care tailored to individual needs in Gosport. They offer personalized care plans and specialized care for the elderly and disabled.

Website: www.trinityhomecare.co.uk/areas-we-cover/home-care-hampshire/gosport

Phone: 0207 1834884

Email: info@reneehealthcareservices.co.uk

Residential Care and Nursing Homes

Carehomes.co.uk

Description: An online facility that list all local Residential and Nursing homes including information and ratings on each home.

Website: www.carehome.co.uk

Hampshire County Council

Description: Information about care homes and care at home including details of what financial help is available and what you have to pay for.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare/care-services

Safeguarding

Hampshire County Council

Description: If you have concerns about an adult, you should contact Hampshire Adult Services by completing a referral form unless it is an emergency when you should phone 999.

For yourself:

www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact/self-referral

For someone else, such as a neighbour, friend or loved one

www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact/public-referral

Phone: 0300 555 1386. during office hours 08:30 to 17:00 Monday to Thursday, 08:30 to 16:30 on Friday.

Sheltered & Specialist Housing

EAC HousingCare

Description: List of private sheltered housing within local area.

Website: www.housingcare.org/elderly-uk-sheltered-housing/area-2-gosport

Gosport Borough Council

Description: Definition of sheltered housing and links to all local council owned sheltered housing.

Website: www.gosport.gov.uk/article/1017/Sheltered-Housing

Phone: 02392 545476

Email: housingadviceteam-mbx@gosport.gov.uk

Social Care & Community Support

Carehome.co.uk

Description: Details and information of Adult Social Care.

Website: www.carehome.co.uk/advice/what-is-adult-social-care-and-who-is-it-for-a-guide-for-families

Hampshire County Council

Description: Details of adult social care within Hampshire.

Website: www.hants.gov.uk/socialcareandhealth/adultsocialcare

NHS

Description: A guide to social care and support.

Website: www.nhs.uk/social-care-and-support

Social Prescribing

Gosport Primary Care Network (PCN)

Description: Social prescribing helps you to explore services and other options of support to improve your health, sense of wellness and independence. Social Prescribing is for those who need a little extra help to navigate the services available to them in the community..

Website: www.gosportcentralpcn.nhs.uk/pages/Social-Prescribers

Phone: 07443 278023

Email: hiowicb-hsi.socprescgosport@nhs.net

Transport & mobility

British Red Cross

Description: Wheelchair hire for a weekly fee. Delivery and collection available.

Website: www.redcross.org.uk/get-help/hire-a-wheelchair

Online booking and to check delivery availability www.redcross.org.uk/get-help/hire-a-wheelchair/wheelchair-selection

Phone: 0300 456 1914

Connect Fareham and Gosport

Description: For those unable to access regular public transport due to limited mobility or sensory difficulties. Vehicles are wheelchair accessible and you can be picked up from where you chose. There are also regular day trips to Portsmouth and beyond, a social club, hosted in various cafes and restaurants and Weekly Shopper outings to get your groceries from supermarkets.

Website: www.cfirst.org.uk/community-transport/connect-transport/dial-a-ride-fareham-and-gosport

Phone: 0333 015 1271 Monday to Friday from 08:30 to 12:00 and 13:00 to 15:30).

Email: connect@cfirst.org.uk

Disabled Parking (Blue badges)

Description. Applying for a Blue Badge from Hampshire County Council.

Website: www.hants.gov.uk/transport/parking/bluebadge

Phone: 01962 848346

Email: blue.badge@hants.gov.uk

Fareham & Gosport Voluntary Car Service

Description: A not-for-profit voluntary car service for older residents in Fareham & Gosport.

Phone: Gosport residents - 07342 331314 Fareham residents - 07771 880552

Email: www.fgvcs.org.uk

Lee ICANGO

Description: A charity offering community transport to residents of Lee on the Solent

Website: www.leeicango.org.uk

Phone: 07787 292666

Email: icangolee@outlook.com

Lee-on-the-Solent Voluntary Care Group

Description: A local charity providing transport to and from hospital and other health appointments for elderly people within Lee on the Solent

Phone: 07807 267630

Solent Mobility Centre

Description: A commercial firm offering mobility solutions to help you maintain independence. They provide guidance on aids and adaptations, including home visits.

Address: 107 High St, Lee-on-the-Solent PO13 9BU

Website: www.solentmobility.co.uk

Phone: 023 9200 9999

Mobility Aids to Access Nature in Hampshire

Description: At a number of local nature spaces you can hire at low or no cost off road mobility scooters, making it easier for everyone to get out and enjoy nature's benefits. A list of locations can be found on this document

Website: [nature-spaces-in-hampshire-mobility-aids-for-hire.pdf](#)

Local Community Groups

Brendoncare Gosport Community Hub

Description: Charity running clubs and social activities especially for older people to reduce isolation and foster connection. Clubs in Gosport include Tai Chi, Kurling, Pilates, Zumba, Short Mat Bowls, Cinema Club, Digital Café, Line Dancing, Music and Games, Social.

Brendoncare Gosport Community Hub, The Anchorage, Gosport PO12 1LZ.

Website: www.brendoncare.org.uk/brendoncare-clubs#elementor-toc_heading-anchor-2

Gosport Community Association

Description: Local community hub hosting social groups, events and activities for all ages, plus space for clubs and resident groups to meet.

Website: www.gosportcommunityassociation.com

Address: Thorngate Halls, Bury Road, Gosport. PO12 3PX

Phone: 023 9251 0012

Email: reception@thorngatehalls.co.uk

Gosport Community Spirit

Description: Weekly supported volunteering for adults (including those with disabilities/mental-health barriers) – activities include gardening, event stewarding, environmental projects and community tasks.

Contact Community First for more information

Website: www.cfirst.org.uk/volunteering/gosport-community-spirit

Phone: 02392 604694

Email: lucy.coates@cfirst.org.uk

Horticultural Society - Lee-on-the-Solent

Description: Provision of two shows a year and a bi-monthly newsletter. During the winter months they have guest speakers to talk on specialist subjects. They organise outings to gardens in Southern England and occasionally abroad. There is a trading hut selling garden products & seeds.

Website: www.gardenersclubsocieties.co.uk/lee-on-the-solent-horticultural-society

Phone: 02392 551706

Email: leehort536@gmail.com

Lee on Solent Residents Association

Description: Local membership organisation for residents of Lee and surrounding areas, making Lee a better place to live, work and visit.

Website: www.leeresidentsassociation.co.uk

Email: contact@leeresidentsassociation.co.uk

MHA Communities Hampshire South

Description: *Description:* Offers social groups, befriending and support for older people to reduce isolation.

Address: Bridgemary Methodist Church, Gosport PO13 0PP

Website: www.mha.org.uk/care-support/community-groups-activities/find-community-group/mha-communities-hampshire-south

Phone: 01329 234409

Nat Gonella Reading Group

Description: Reading group meeting monthly on the second Tuesday of the month, 14:00 to 15:30 at the Gosport Discovery Centre

Website: www.bookclubhub.co.uk/bookclubs/2490-nat-gonella-reading-group

Phone: For more information contact Jennifer at Gosport Discovery Centre 0300 555 1387. (this is a Hampshire number and you will need to speak to the Gosport branch)

NCT (National Childbirth Trust) Gosport and Lee-on-the-Solent (Parent group)

Description: Local volunteer-run group supporting parents and families with activities, meet-ups and information for parents.

Phone: 0300 330 0700

Email: Gosport@nct.org.uk

Spithead Arts

Description: An Arts Society meeting for monthly lectures on a wide variety of artistic and cultural themes. Speakers are experts and share their knowledge, skills and research in an accessible lecture theatre, usually followed by a Q&A session. They also arrange visits and the occasional social event.

Website: www.spitheadarts.co.uk

Email: enquiries@spitheadarts.co.uk

The Gosport Shed (Men's Social Group)

Friendly workshop and social space for older men to meet, make friends, pursue hobbies, use workshop facilities and participate in group projects.

Website: www.thegosportshed.org

Address: c/o St Vincent College, Mill Lane, Gosport PO12 4QA

Phone: 07852 452664

Email: enquiry@thegosportshed.org

u3a Gosport

Description: A membership charity for retired people that has many interest groups, traditional and creative subjects, music, outdoor activities, social events and much more. There is a general meeting each month at which there is a different speaker on a wide range of topics. Membership applications and contact form on web site

Website: www.gosport.u3asite.uk

Wings Community Support

Description: Provides wellbeing, mental health and community activities to support people facing social isolation or hardship.

Address: 186 Nobes Ave, Bridgemary, Gosport PO13 0HY

Website: www.wingscommunity.org.uk

Phone: 02393 475186

Sports Clubs, Groups and Hobbies

There is a list of many groups on Gosport Borough Council's website at

Website: www.gosport.gov.uk/article/1624/Sports-Clubs-Groups-and-Hobbies

Veterans

Alabaré Homes for Veterans

Description: Supported accommodation and move-on housing for veterans who are homeless or at risk, helping them gain independence. Referrals to Alabaré Homes for Veterans' Service can either come through partnership organisations or as self-referrals directly from veterans. You do not have to be registered with your local authority; you can move to any local authority where there is an Alabaré Homes for Veterans. Contribution toward accommodation (means-based)

Website: www.alabare.co.uk/?s=homes+for+veterans

Anchoring Minds (Solent Mind & RN/RM Charity)

Description: Run by Solent Mind, in partnership with the Royal Navy and Royal Marines Charity they provide support for Royal Navy and Royal Marine serving personnel and their families. They help navigate the unique challenges of military life from coping with deployment to specific support for anxiety, depression, loneliness and stress

Website: www.solentmind.org.uk/support-for-you/our-services/anchoring-minds

Phone: 0300 303 1725 available from 09:00 until 16:00, Monday – Friday

Email: anchoringminds@solentmind.org.uk

Blesma – The Limbless Veterans (Regional Support)

Description: Support, advocacy, rehabilitation, grants and assistance for serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight

Address: 115 New London Rd, Chelmsford. CM2 0QT

Website: www.blesma.org

Phone: 020 8590 1124

Email: info@blesma.org

Career Transition Partnership

Description: Employment transition advice, training and resettlement support for service leavers and veterans. Support includes a range of personal advice and guidance, training courses, digital tools, resettlement events and access to specially sourced job vacancies
To book events and support go to:

Website: www.modctp.co.uk/service-leavers

Citizens Advice Solent East

Description: Provides specialist advice for Armed Forces Personnel, Veterans, and their Families addressing the unique challenges faced by those who have served. They offer advice on a wide range of issues, including benefits, housing, debt, family and relationships, and general social welfare.

Website: www.casolenteast.org.uk

Phone: 02394 006600

Combat Stress

Description: A charity which supports veterans' mental health, helping former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD). Treatment can be provided to veterans from every service and every conflict, in a range of settings, including phone, online and in the community or a specialist centre

Website: www.combatstress.org.uk

Phone: 0800 138 1619

Text: 07537 173 683

Email: helpline@combatstress.org.uk

Defence Medical Welfare Service

Description: A charitable organisation that specialises in emotional and practical support when someone is in hospital, and when they are discharged but still receiving treatment. They will arrange to speak to the patient to help identify services and support, and enable referrals to a range of military and non-military organisations.

Phone: 01264 774000

DWP Armed Forces Champion (Solent)

Description: Support tailored to veterans, reservists, those in their resettlement period, and spouses/civil partners. Works to remove barriers to work, such as helping with CVs, interview skills, and securing employment. Advises on benefits (especially for complex cases) and Universal Credit Ask at a local job centre to be referred to an Armed Services Champion or email

Email: segroun.armedforceschampions@dwp.gov.uk

The Forces Employment Charity

Description: Employment advice, coaching, training and job placement support for veterans and families.

Website: www.forcesemployment.org.uk

Phone: 0121 262 3058

Email: info@forcesemployment.org.uk

Help for Heroes

Description: Provides recovery and support for members of the Armed Forces under UK command whose lives are affected by their service, no matter when they served. The charity's aim is to empower veterans and service personnel to look beyond illness and injury. A wide range of services is offered, including emotional support, mental health and wellbeing, career recovery, welfare and financial advice.

Website: www.helpforheroes.org.uk/get-help

Phone: 0300 303 9888

Military Minds

Description: Support for serving British Army and Royal Air Force families. Run by Solent Mind, it helps families navigate the challenges of military life from coping with deployment

to specific support for anxiety, depression, loneliness and stress. They offer a friendly chat with someone who understands what you are going through, free resources to help you manage your mental health and wellbeing and signposting to local services and groups. In Hampshire they offer face-to-face or home appointments.

Website: www.solentmind.org.uk/support-for-you/our-services/military-minds

Phone: 0303 003 4239

Email: militaryminds@solentmind.org.uk

NHS Transition, Intervention and Liaison mental health service

Description: A service for armed forces personnel approaching discharge and veterans. The service provides a range of treatment, from access to early support to therapeutic treatment for complex mental health difficulties and psychological trauma. It also provides help, where appropriate, with other problems, for example money, employment or housing.

Phone: 0300 365 0300

NHS - charities and support groups for the armed forces community

Description: Find information about charities and support groups who help the armed forces community from the many website links on this page.

Website: www.nhs.uk/nhs-services/armed-forces-community/charities-support

Office for Veterans' Affairs

Description: A government run directory that lists organisations that provide support to veterans of the UK armed forces and their families.

Website: www.gov.uk/support-for-veterans

Op COURAGE: The Veterans Mental Health and Wellbeing Service

Description: An NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families. It is supported by trained professionals who are from, or have experience of working with, the Armed Forces community. The service can help if you're finding life difficult after leaving the military.

Website: www.opcouragesthseast.nhs.uk

You can refer yourself or someone else can refer you via:

[Online referral form](#)

Phone: 0300 365 2000 (option 4)

PTSD Resolution

Description: Private Counselling, locally through 200 therapists across the UK or Online. Help for former members of the UK armed services, a reservist or a family member, suffering from post-traumatic stress, trauma, or other mental health symptoms, such as depression, flashbacks, and nightmares.

Website: www.ptsdresolution.org

Self-referral form at www.ptsdresolution.org/get-help/register-for-help

Phone: 0300 302 0551

Rowans Veterans Living Well Service

Description: Is a dedicated support service for ex Service Personnel who are living with or caring for someone with a serious or life-limiting illness or are recently bereaved. The services offered include a Veterans' Companions' buddy service.

Address: Rowans Living Well Centre, Purbrook Heath Road, Purbook, PO7 5RU

Website: www.rowanshospice.co.uk/event/veterans-service-social-group

Phone: 023 9224 8011

Email: LWC@rowanshospice.co.uk

Royal British Legion

Description: Advice, financial support, recovery services and transition support for veterans and their families.

Website: www.britishlegion.org.uk

Phone: 0808 802 8080

Save A Warrior UK (Fareham Community Coworking Space)

Description: Community hub and coworking space supporting veterans, police and fire service personnel facing trauma-related challenges. It is for people who have outgrown working from the kitchen table, the spare room, or the local coffee shop — but who don't want the cost, noise, or pressure of a conventional office.

Address: Fareham Shopping Centre, Fareham, PO16 0PQ

Website: www.sawukcoworking.co.uk

Phone: 01329 822506

Solent Mind – Veterans Social

Description: A relaxed and friendly get-together where fellow veterans can enjoy a cuppa and a chat to connect in a supportive space. the group meets on the first Thursday of every month at 10:30 until 11:30

Address: 31 High Street, Gosport. PO12 1DF

Website: www.solentmind.org.uk/support-for-you/our-services/fareham-and-gosport-wellbeing-service

Phone: 023 8202 7810

Email: afg@solentmind.org.uk

Southampton Veterans' Trust

Description: This service helps serving members and veterans of our armed forces, including family members, with their physical and mental well-being. They also help with many aspects of military life and the transition to civilian life, and also run a variety of activities to put the fun back into life.

Website: www.southampton-veterans.co.uk

Phone: 07907 321 771

Email: info@southampton-veterans.co.uk

SSAFA

Description: Provides a number of services for retirement-age veterans, helping with practical, financial and emotional needs.

Website: www.ssafa.org.uk

Phone: 0800 260 6780

Local branch -SSAFA Hampshire

Website www.ssafa.org.uk/hampshire

Phone: 0204 566 9126

TURN2US

Description: This charity offers advice on the benefits, grants and other financial support available to the serving and veterans of the armed forces and their families.

Website: www.turn2us.org.uk/get-support/information-for-your-situation/disabled-ill-or-injured/armed-forces-serving-veteran

Contact is via the online Chat box or the many links on the website

Veterans and Serving Personnel Social Group

Description: Supporting Veterans or Serving Personnel and those in the Merchant Navy (and their carer) who is living with a life-limiting illness, to seek advice, help with benefits, support, socialisation, and companionship through group meetings and a dedicated Veteran Companions buddy service. Group meetings held on Mondays (booking required).

Website: www.rowanshospice.co.uk/event/veterans-service-social-group

Phone: 02392 248011

Email: LWC@rowanshospice.co.uk

Veterans Association

Description: This charity offers support with physical and mental health, employment, housing and can signpost and offer counselling services in things like PTSD, loss of limbs or any issues that a Veteran may face either from their service or from their return to civilian life. Phone, email or use contact via a Facebook link on the website

Website: www.theveteransassociation.org

Phone: 0800 3101044

Email: support@theveteranassociation.org

Veterans Dementia Support UK Dementia Support Group

Description: For all living with dementia, their carers and loved ones. Coffee and conversation, Activity sessions, Music, Entertainment, Support for Carers etc. Meets Monday 10:30 to 12:00. with

Address Court Barn, Court Barn Lane, Broom Way, Lee on Solent PO13 9NZ

The Veterans' Gateway

Description: A first point of contact for veterans and their families; can put them in touch with the organisations best placed to help with information, advice and support

Website: www.gov.uk/government/collections/find-support-for-veterans-and-their-families

Phone: 0808 802 1212

Text: 81212

Veterans Outreach Support

Description: Provides a monthly drop-in facility for ex-serviceman and their direct family members. It supports Veterans with advice on mental health and wellbeing, welfare, housing, employment, finances and legal matters. Drop-ins are on the first Wednesday of every month from 14:00 to 18:00 in the Royal Maritime Club, Portsmouth, and on the third Wednesday of every month from 13:00 to 17:00 in the Riverside Centre, Newport, Isle of Wight.

Website: www.vosuk.org

Phone: 02392 731 767

Email: admin@vosuk.org

Veterans' Trauma Network

Description: Provides specialist care to veterans with service-specific injuries. Veterans benefit from a personalised care plan implemented by top military and civilian trauma experts in health centres across England. This charity is committed to giving help to all veterans, regardless of Service, race, ethnicity, religion, beliefs, physical attributes, disabilities, sex, gender identity, sexual orientation, age, socioeconomic background, criminal record or addictions.

Phone: 0208 548 7080

Email: BLESMA at bsoprosthetics@blesma.org

The Veterans Association UK

Description: Supports veterans with housing, home adaptations (chairlifts and wet rooms), mental health treatment and pensions and benefits including War Pensions PIP and many other benefits. Contact details of regional coordinators on the website. East Sussex is the nearest to Hampshire and details are shown below.

Website: www.veteransassociation.co.uk

Phone: 01273 786465 (John Proctor)

Email: john.proctor.VAUK@outlook.com

Veterans Welfare Service (MOD – Gosport Office)

Description: Government welfare advice on war pensions, compensation claims, benefits, debt and home visits for eligible veterans and dependants.

Address: Centurion Building, Grange Rd, Gosport PO13 9XA

Website: www.gov.uk/guidance/veterans-welfare-service

Phone: 0808 1914 218 / 02392 702232

Email: veterans-uk-vws-south@mod.uk

Walking With The Wounded

Description: Employment, mental health and care coordination programmes supporting vulnerable and unemployed veterans nationwide (including Hampshire).

Supports veterans whether mentally, socially or physically wounded. They provide bespoke services dedicated to getting those who have fallen the furthest back on track and to move forward with their lives.

Website: www.walkingwiththewounded.org.uk

To access help complete a form at www.walkingwiththewounded.org.uk/ask-for-help

Families with young children (up to about age 5)

Childcare and Nurseries

Alver Valley Family Centre

Description: Family support centre offering services for parents and young children.

Address: 19 Falcon Meadow Way, Gosport PO13 8AA

Phone: 023 92513777

Email: reception@oaktreefamilygroup.org

Haven Nursery & Childcare

Description: Nursery and childcare services in Gosport.

Address: Harris Rd, Gosport PO13 0UY

Website: www.haven-sch.org

Phone: 01329 232085

Hopscotch Nursery

Description: Day nursery and childcare services.

Address: 13 High Street, Lee-on-the-Solent PO13 9BS

Website: www.hopscotchdaynurseries.co.uk

Phone: 023 925 59846

Kiddi Caru Day Nursery

Address: 250 Gosport Road, Fareham PO16 0SX **Description:** Early years childcare and nursery provision.

Website: www.grandiruk.com

Phone: 01329 237554

Lee-on-the-Solent Infant School

Description: Infant school with nursery and preschool provision.

Address: Elmore Rd, Lee-on-the-Solent PO13 9DY

Website: www.los-infants.co.uk

Phone: 02392 551767

Merritime Nursery

Description: Nursery based at HMS Sultan.

Address: HMS Sultan, Military Road, Gosport PO12 3BY

Website: – <https://merritimenursery.co.uk>

Phone: 023 92542229

Naval Under 5's – Spoonbill Under 3's

Description: Local charity providing early years childcare services.

Address: 6 Shackleton Road, Gosport PO13 9SG

Website: www.navalunderfives.org.uk

Phone: 07773 154759

Park Day Nursery & Pre-School Ltd

Description: Nursery and preschool based at Crofton Community Centre.

Address: Crofton Community Centre, Stubbington Lane, Fareham PO14 2PP

Website: www.theparkdaynursery.co.uk

Phone: 01329 668686

Child Safeguarding

Childline

Description: Helpline for children

Phone: 0800 1111

Hampshire County Council

Description: If you have any concerns because you think that a child might be being abused you should contact Children's Services unless it is an emergency when you should phone 999.

Phone: 0300 555 1384 during office hours 08:30 to 17:00 Monday to Thursday, 08:30 to 16:30 on Friday. At all other times contact the Out of Hours service on 0300 555 1373

NSPCC Child Protection Helpline

Description: Child protection advice for adults

Phone: 0800 800 5000

Email: help@nspcc.org

Child Safety in the Home (Health & Accident Prevention)

Barnardo's Family Space – Safety Inside the Home

Description: Simple steps, you can significantly reduce risks and create a safer environment for your child.

Website: www.barnardos.org.uk/get-support/support-for-parents-and-carers/safe-home

Daisy First Aid

Descriptionist: First aid classes for parents and carers – fee charged

Website: www.daisyfirstaid.com/gosport

Phone: 07828 752407

Email: jemma@daisyfirstaid.com

Health for Under 5s

Description: Home safety advice for toddlers and what to do in an emergency

Website: www.healthforunder5s.co.uk/sections/toddler/home-safety

NHS – Baby & Toddler Safety

Description: Health & accident prevention- guidance

Website: www.nhs.uk/baby/first-aid-and-safety/safety

Pampers – Baby Proofing Guide

Description: Parent friendly- babyproofing advice

Address: 266 Chapel Street, Salford, M3 5JZ

Website: www.pampers.co.uk/baby-proofing

RoSPA

Description: Accident prevention and home safety

Address: RoSPA House, 28 Calthorpe Road, Edgbaston, Birmingham, B15 1RP

Website: www.rospace.com

Groups for Parent & Child

Baby Sensory – Fareham

Description: Sensory development classes for babies from birth to 13 months.

Address: Catisfield Memorial Hall, Catisfield Lane, Fareham, PO15 5NN

Website: www.babysensory.com/fareham

Phone: 01489 574279 | 07722 623917

Email: fareham@babysensory.co.uk

Breastfeeding Network – South & East Hampshire

Description: Free breastfeeding support groups (virtual and face-to-face covers Gosport & Fareham area).

Website: www.facebook.com/groups/southcoastbreastfeeding

Facebook: www.facebook.com/southandeasthampshirebreastfeedinginformation

Phone: 0300 100 0212

Happity

Description: Website for finding local baby and toddler classes and activities.

Website: www.happity.co.uk

Jiggy Wrigglers – Lee-on-the-Solent Tennis Club

Description: Parent and toddler activity group on Thursday mornings.

Address: 41–47 Manor Way, Lee-on-the-Solent PO13 9JQ

Website: www.lostclub.co.uk

Phone: 023 92 55 0381

Lee Hub – Independent Community Library

Description: Bounce & Rhyme sessions for babies aged 0–2 on Mondays at 9:30am.

Website: www.leehub.co.uk

Address: 14 High Street, Lee-on-the-Solent PO13 9BZ

Email: library@leehub.co.uk

Local Libraries

Description: Fareham, Gosport and Stubbington Library have individual activities for babies and children.

NCT (National Childbirth Trust) Gosport and Lee-on-the-Solent (Parent Group)

Description: Local volunteer-run group supporting parents and families with activities, meet-ups and information for parents.

Phone: 0300 330 0700

Email: Gosport@nct.org.uk

Email: enquiries@nct.org.uk

St Faith's Church – Rainbows

Description: Parent and baby group held during term time (£2 per family).

Address: Victoria Square, Lee-on-the-Solent PO13 9NF

Website: www.stfaithslee.org

Phone: 023 92 556445

The Natal Bean Family Service Centre

Description: Family service with coffee lounge, workshops & baby weigh-in.

Address: Stubbington Scout Hall, Bells Lane, Stubbington, PO14 2BA

Website: www.thenatalbean.co.uk

Phone: 07468 414755

Sexual Health Support and Advice for Young People

Boots

Health Advice & Sexual Health / Contraception. Pharmacy offering sexual health advice and emergency contraception services without a prescription.

Address: 111 High Street, Lee-on-the-Solent. PO13 9BU

Website: www.boots.com

Phone: 02392 550252

Gosport War Memorial Hospital – Sexual Health Clinic

Description: Appointment required. Provides STI testing, contraception, pregnancy testing, HIV services and advice.

Address: Gosport War Memorial Hospital, Bury Road, Gosport. PO12 3PW

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016

Havant Contraception & Sexual Health Clinic

Description: Family planning and sexual health support. Often used if Portsmouth appointments are full.

Address: 8 Lavant Drive, Havant, PO9 3AW

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016

St Mary's Community Health Campus Service

Description: NHS sexual health clinic offering contraception, STI testing, pregnancy testing, emergency contraception, HIV testing and youth clinic sessions for under-18s.

Address: 2nd Floor, St Mary's Hospital, Milton Road, Portsmouth. PO3 6AD

Website: www.letstalkaboutit.nhs.uk

Phone: 0300 300 2016

Solent View Medical Practice

Description: GP practice can guide patients to appropriate sexual health services.

Address: Lee-on-the-Solent Health Centre, Manor Way, Lee-on-the-Solent. PO13 9JG

Website: www.solentviewmedicalpractice.co.uk

Phone: 02392 550220

Motiv8 Youth Sessions

Description: Weekly youth sessions providing activities, health advice and support for young people. Holiday, Activity, and Food Scheme (HAF) see Website for details of support in the community including counselling, mental health and emotional wellbeing

Address: Unit 29, Toronto Place, Gosport. PO12 4UZ

Website: www.motiv8.org.uk

Phone: 02392 525026

Email: gosport@motiv8south.org.uk

Support in the Community for Families with Young Children

Gosport's Health Visiting Service

Description: The service is called Chat Health and operates Monday–Friday 09:00 to 16:00 excluding Bank Holidays. Text and phone support for parents and young people.

Text: Children 0–5: 07520 615720

Text: Children 5–19: 0750733417

Phone: 0300 373 0214

Email: Hiowh.gosportvteam@nhs.net

Hampshire Healthy Families

Description: Online guidance, courses and information for families and health visitor services across Hampshire.

Website: www.hampshirehealthyfamilies.org.uk

Solent View Medical Practice

Description: Can always be phoned for any other help or advice. If non urgent there is the online E consult system.

The Practice will provide the following support:

- Antenatal contact
- New Birth contact
- 6-8 week postnatal contact
- 8-12 months review
- 2-2 ½ years health review

Phone: 02392 550220 or 111 if out of Surgery opening hours.

Support for Children in Hospital

Sophie's Legacy

Description: A local charity trying to achieve national change but also supporting families locally who end up in hospital with their child. The support can include help with transport costs, clothes when admitted in an emergency with their child, birthday parties in hospital for children and parents, emotional support. end of life wishes for children and their families, beauty treatments such as nails, haircut or back massage when a parent needs it – this tends to be for the parents in for long stays.

Address: Segensworth Office Park, 4 Little Park Farm Rd, Fareham PO15 5TD

Website: www.sophieslegacy.org.uk

Email: info@sophieslegacy.org.uk

Other ways to find help

Age Concern Gosport

Description: Provides support and advocacy for older (55+) residents across the borough, with a strong focus on financial wellbeing, health, and social care.

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

Phone: 023 9260 4699

Email: info@ageconcerngosport.org.uk

Age UK

Description: Support and advice for older people, including social activities, befriending services and practical help to remain independent.

Website: www.ageuk.org.uk

Care Quality Commission

Description: Lists and provides quality assessment of private and NHS services including Care Homes, Homecare agencies, clinics, community-based healthcare and much more. You can search by type of service and location

Website: www.cqc.org.uk

Citizens Advice Gosport

Description: Free, confidential advice on a wide range of issues, including benefits, housing, debt, employment and consumer rights.

Address: Martin Snape House, 96 Pavilion Way, Gosport, PO12 1GE

Website: www.casolenteast.org.uk/pages/citizens-advice-gosport

Phone: 023 9252 0112

Email: advice@gosportcab.org.uk

Community First

Description: An online directory to search for help and support.

Website: www.helpandsupport.cfirst.org.uk

Gosport Borough Council Health and Wellbeing

Description: A website directing you to services available in Gosport and Hampshire.

Website: www.gosport.gov.uk/article/746/Search?q=health+%26+wellbeing

Gosport Borough Council - Housing for older persons

Description: Information on housing options other than properties managed by Gosport Borough Council. Information available at: [Housing Options for Older People \(PDF, 2 MB\)](#)

This was produced in 2023 so some information is out of date.

Gosport Borough Council Older Persons Services

Description: The Older Persons Services Team manage the Council's sheltered housing schemes.

Phone: 023 9254 5453 or 023 9254 5254

Email: sheltered-housing@gosport.gov.uk

Gosport Older Persons Forum

Description: A booklet giving information on what services are available for Older People in the Borough. Booklet available at: [60 Plus in Gosport Booklet \(PDF, 1 MB\)](#)

Gosport Primary Care Network – Social Prescribing

Description: This supports people aged over 18 who have a range of social, emotional and practical needs. For example, befriending, counselling and other support groups, volunteering, training and employment opportunities, accessing specialist services and support, opportunities available for education and learning and healthier and more active lifestyles

Website: www.gosportcentralpcn.nhs.uk/pages/Social-Prescribers

Email: hiowicb-his.socprescgosport@nhs.net (please provide your full name, date of birth, name of the surgery that you are registered with and reason for self-referral)

Gosport Primary Care Network - Health and Wellbeing Coach

Description: A health and wellbeing coach supports you and can direct you to services that improve your health such as establishing Healthier Habits, Weight Management, Pain Management, Increasing Exercise. If age 18 or over self-refer by emailing

Website: www.gosportcentralpcn.nhs.uk/pages/Health-and-Wellbeing-Coaches

Phone: 07443 277376

Email: hiowicb-hsi.handwbcgosport@nhs.net

Hampshire County Council Services, Referral Pathways and Resources

Website: www.hants.gov.uk/socialcareandhealth/publichealth/services-referrals-resources

Peer Support

Description: NHS definition and advice on Peer Support (which is supported self-management intervention).

Website: www.england.nhs.uk/long-read/peer-support

A lot of the organisations supporting people with various illnesses offer opportunities for peer support.