



Community Innovations Team
Keeping older people independent

Directory of Activities and Services for Older People in Havant Borough

2012



This directory has been produced by Havant Council of Community Service as part of our partnership work with the Community Innovations Team; the aim is to increase awareness of the broad range of services available to support the independence and wellbeing of our local older people.

The Community Innovations Team is a multi-disciplinary team working with older people in the Havant Borough. The team includes a social worker, occupational therapist, support workers and community development worker who work together to support older people who are at risk of becoming socially isolated, to help them to attend activities, stay active and make new friends.

If you would like more information on local services or the Community Innovations Team please do not hesitate to use the contact details below.

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Information and advice

Age Concern Havant Information & Resource Centre

14 Market Parade, Havant. PO9 1QF

A service for Older People, people with disabilities, their carers and others involved in their well-being living within the Borough of Havant, with a drop-in service for people needing information on benefits, housing, personal care services, health, support services for carers, leisure activities and education. The following services are available at no charge, but appointments are necessary for:

- Help with filling in forms or a consultation with a solicitor

There is a permanent display of equipment to help with everyday living, and the opportunity to buy smaller items from our retail outlet to help with domestic and leisure activities, and personal care.

Information regarding Age Concern Hampshire's Trading Products, and a full range of Age UK Fact Sheets available. Office hours are Monday – Friday 10am - 3.30pm

Contact telephone: 023 9247 2452 **Email:** smc@havant15.fsnet.co.uk

Age Concern Hampshire ‘Finding and Funding Residential Care’

Age Concern Hampshire’s residential care information days are aimed at people considering this option for themselves, friends or family. We will cover topics such as what care options are available; how to find the correct care; funding residential care; top ups; coming out of hospital; quality issues and power of attorney. We invite professional speakers, including a solicitor, to give short presentations and answer questions, and we provide plenty of information for people to take away. The day is free of charge although we do ask for a suggested donation of £10 to cover venue and lunch costs.

Contact telephone: 0800 328 7154 **Email:** mail@ageconcernhampshire.org.uk

Angel Radio

This is a local radio station specifically for older people offering music, memories, entertainment and information 24 hours a day, 7 days a week. Tune in to **101.1 fm** or listen live at www.angelradio.co.uk

Contact telephone: 023 9248 1988 **Email:** angelradiohavant@yahoo.co.uk

Alzheimer’s Society Helpline

A national dementia helpline provides information, support, guidance and referrals.

Contact telephone: 0845 300 0336 Mon-Fri 8.30am-6.30pm **Email:** www.alzheimers.org.uk

Alzheimer’s Society Portsmouth & South East

John Pounds Centre, 23 Queen Street, Portsea, Portsmouth PO1 3HN

We provide a local helpline, with 24hr answer phone, email support and our Dementia Support

Workers can provide office or home visits to give support and information, they are contactable via the local office.

Contact telephone: 02392 892035 **Email:** portsmouth@alzheimers.org.uk

British Red Cross Equipment

Volunteers provide **short-term loans** of medical equipment eg Wheelchairs.

- **Red Cross Room, the Health Centre, Civic Centre Road, Havant, PO9 2AZ**
Open: Monday to Friday 9.30–12noon and Monday, Wednesday and Friday 2pm–4pm
For further information contact Hampshire Branch:
Contact telephone: 023 9234 4207
- **Emsworth Victoria Cottage Hospital, North Street, Emsworth**
Open Monday to Friday 10am – 12 noon
Contact telephone: 01243 376 041
- **Hayling Island Elm Grove, Hayling Island PO11 9EF**
Contact telephone: 023 9246 2813

Citizens Advice Bureau

Offers free confidential advice on a wide range of issues including debt, welfare benefits, housing, employment etc. Their services can be offered to residents within the district of Havant Borough Council.

- **Leigh Park Community Centre, Dunsbury Way, Havant. PO9 5BG**
Monday to Wednesday 10am-1pm drop in
Contact telephone: 02392 717 707 **Email:** admin@havantcab.org.uk
- **9 St Georges Walk, Waterlooville PO7 7TU**
Monday, Thursday & Friday 10am-1pm drop-in
Contact telephone: 02392 717 699 **Email:** admin@havantcab.org.uk
- **Civic Offices, Civic Centre Road, Havant PO9 2AX**
Tuesday & Wednesday 10am-2pm drop-in
- **Hayling Island Community Centre, Hayling Park, Station Road, PO11 0HB**
Thursday 10am–2pm drop-in
- **Telephone Advice Line:**
Monday to Thursday 10am-2pm
Contact telephone: 0844 8563407 (call charges 5p per minute).

Directory Enquiry Service

A service for people with a Visual Impairment or are physically unable to use a printed version of a Phone Directory. For visually impaired, this is instead of the Large Print version they used to offer for their printed directory. To access this service the person (or someone on their behalf) will need to contact the number below. This number gets you through to the Registration Team who will arrange for a form to be sent out for completion. Proof of Registration of Blind/Without Hearing and/or Disability will need to be provided. Once this form is received a PIN number will be issued to the person accessing this service. They will need this PIN number to quote when they phone 195 which puts them through to Directory Enquiries free of charge. This service is available to both BT and NON BT Customers.

Contact telephone: 0800 587 0195

Disability Access Group

Havant Borough Council's Disability Access Group also holds Drop-In meetings on alternate Monday mornings from 10am until 12noon. The Group looks at, discusses and makes recommendations concerning recent planning applications, current relevant building works and all other access matters within the Borough that are subject to legislation under the terms of the Disability Discrimination Act. Disabled residents, family and carers attend also representatives from local interest groups concerned with disability matters. To find out where the meetings are held please call the number below.

Contact telephone: 023 9247 4174 **Email:** customer.services@havant.gov.uk

Havant Borough Talking News (Charity No: 1025556)

19 East Street, Havant. PO9 1AA

Produces and delivers fortnightly a 60 minute audio news update and a quarterly magazine, on cassette tape or CD for the visually impaired living in the Borough of Havant. The news is mainly local from the Portsmouth Evening News and allows the listener to keep up to date with what is going on in the community. The service includes FREE delivery, however donations are very welcome.

Contact telephone: 023 9248 0101 **Email:** blindnewspaper@tiscali.co.uk

Havant 50+ Forum

Meets regularly at The Beacon, 1st Floor, Meridian Shopping Centre, Havant. This forum gives local older residents the opportunity to have their say on important issues. Call Age Concern Information and Resource Centre for further details. Office hours are Monday – Friday 10am-3.30pm

Contact telephone: 023 9247 2452 **Email:** smc@havant15.fsnet.co.uk

Help in Bereavement

Offers support to those who have suffered bereavement. Understanding that all individuals have differing needs, specially trained visitors can offer telephone support or home visits.

Contact telephone: 0845 0510961 or 023 9266 8884

The Bereavement Counselling Charity (formerly Havant Area Bereavement Group)

A Voluntary Organisation set up to help people to cope throughout the grieving process after losing a loved one and provides separate services for adults and children.

The adult service has its own co-ordinator and a team of volunteers who have specifically chosen to work with adults experiencing bereavement. The volunteers normally visit adults in their homes, however if this is not possible for any reason, other venues may be arranged.

The Children's or Young person's group exists to promote the well-being of young people who are bereaved and help them to understand and come to terms with their loss. The organisation provides counselling and support through the provision of information, advice, education and training services. Counsellors in this section work with children in group sessions or one to one.

Contact telephone: 0845 051 0961 for counselling or 01730 263041 for admin and fundraising enquiries

Library Services

Havant libraries are great places to visit for information, learning and leisure. They are located in the heart of their communities and access is easy with electronic doors and fully accessible toilets available as well. It's very simple to join and membership is free. Expand your horizons with the latest books (including large print and audio books), films, music and free Internet. And if you can't get to the library, we can come to you! Ask about our mobile services and Home Library Service.

Libraries offer an exciting range of adult education and learning activities in a relaxed and friendly environment. Find out about computers and improve your IT skills, or take up a new hobby via our leisure courses such as family history, languages and crafts. Or join one of our social groups and meet new people – from craft clubs, scrabble, Knit & Natter, reading groups (including an audio group for visually impaired people) – we can offer you a great choice. Come along to our monthly drop-in 'Coffee Pots' and find out more over a cup of tea or coffee. We look forward to seeing you!

Havant Library & Learning Centre, Meridian Centre, Havant PO91UN

Tel: 023 9248 4945 (Learning courses and activities)

Leigh Park Library & Learning Centre, 50 Park Parade, Leigh Park, PO9 5AB

Tel: 023 9248 4172 (Learning courses and activities)

Hayling Island Library & Learning Centre Elm Grove Hayling Island, PO11 9EE

Tel: 023 9246 1534 (Learning courses and activities)

Waterlooville Library & Learning Centre 25 London Rd, The Precinct, Waterlooville PO7 7DT

Tel 023 9225 2608 (Learning courses and activities)

Contact telephone: 0845 6035631 / 01329 225391 **Visit:** www.hants.gov.uk/library

OPAL (Older People's Area Link)

Volunteer led project signposting older people who may be lonely and wanting to meet new people, feeling isolated, new to the area etc. OPAL will provide details of local information and services by phone. If more assistance is required to establish what is needed, there are opal volunteers who can visit people at home.

Contact telephone: 0800 328 7154

The Pension Service

The Pension Service is part of the Department for Work and Pensions. It works out and pays pensions. Open from 8am to 8pm Monday to Friday

Contact Telephone: 0845 60 60 265 (textphone: 0845 60 60 285)

Pet Care

Cinnamon Trust

A national charity providing support to older people and their pets. Services include practical help with any aspect of day to day pet care (i.e. dog walking for housebound older people), short term fostering of pets during hospital stays, long term care for pets if older person goes into residential care or dies if owner has made prior arrangements. Services are provided by a network of volunteers and are FREE.

Contact telephone: 01736 757900 **Visit** www.cinnamon.org.uk

Trading Standards

The Protecting Older People (POP) Team

Is a unique initiative to reduce the incidence and effect of doorstep crime in Hampshire.

To obtain further information on -

Talks to older peoples' groups or clubs

Our 'Safe and Sound' booklet or

Door stickers - "We do not buy goods and services at the door"

Contact telephone: 01962 833620 **Email** doorstep.crime@hants.gov.uk.

Quick Response Team

We have a Quick Response Team who can come out to your home if a doorstep caller, offering property repairs, is causing you concern and:

- Is still at your home; or
- Is due to return e.g. to collect payment; or
- Is offering to take you to the bank to withdraw cash.

In these circumstances call for assistance, you can also use this number to inform us of other doorstep callers in your area. For all other Trading Standards enquiries, please call 0845 4 04 05 06.

Contact telephone: 01962 833666

Volunteer Centre

The Pastoral Centre, Petersfield Road, Havant PO9 2HU

Can help individuals find a wide range of volunteering opportunities in their local area, giving them the chance to meet people, learn new skills and help others. Can also work with organisations to develop new volunteering opportunities and advise on good practice for working with volunteers.

Contact telephone: 023 9248 1845 **Email:** volunteering@havantccs.org.uk

Winter Fuel Payment

A tax free benefit to help pay for heating during winter. Criteria is if you are over 60 and normally live in Great Britain.

Contact telephone 08459 15 15 15 **Visit their website:** www.thepensionsservice.gov.uk/winterfuel

Home and Garden

The Bobby Trust

The Bobby Scheme re-secures the homes of the elderly, disabled and vulnerable, free of charge. This is done within 48 hours, with priority given to those who have had a break-in. They fit free locks, long-life electric bulbs and smoke alarms as well as giving overall security advice.

Contact telephone: 023 9289 9056

Buy with Confidence

A website and free directory of approved traders is available from Hampshire County Council. All the businesses have been vetted and approved by Trading Standards to ensure that they operate in a legal, honest and fair way. For a free copy of Buy With Confidence call the number below or visit the website. This scheme is particularly useful for all types of property maintenance/repairs, mobility adaptations or those small jobs around the house.

Contact telephone: 08454 04 05 06 (Consumer Direct) or visit www.buywithconfidence.gov.uk

Can you dig it?

Adaptive gardening tools loan scheme operated by the British Red Cross in partnership with Older Persons Well Being Team (Hampshire County Council). Providing adapted hand tools for older people who may struggle to garden as a result of restricted mobility, arthritis or disability. The tools are available on loan for a period of two weeks. Also provides list of suppliers who can provide specialised tools.

Contact telephone: 01962 891669 Monday-Friday 9am-4.30pm

The Environment Centre

14-15 Brunswick Place, Southampton, SO15 2AQ

The Environment Centre provides practical support for companies, schools, community groups, the public sector, organisations and individuals.

Our mission is to support those wanting to enhance their environment, reduce their use of natural resources and improve their lifestyle and local economies through:

- Raising awareness of environmental issues within all sections of the community
- Promoting the principle of individual and collective responsibility for the environment
- Facilitating sustainable change through informed decision making

Contact Telephone: Enquiries 02380 336172 Home Energy Advice Freephone 0800 804 8601

Email: enquiries@environmentcentre.com **Visit** www.environmentcentre.com

Homecheck

They offer a **free** home safety and security service for older residents of Havant Borough. Homecheck aims to improve home safety for people over the age of 60. During the appointment you will receive general safety advice also a security check will be carried out. If required, minor repairs such as replacing leads and plugs can be carried out.

Contact telephone: 023 9244 6406 **Email:** customer.services@havant.gov.uk

Insulate Hampshire

Insulate Hampshire is saving you money, keeping you warmer this winter.

Havant Borough Council is working in partnership with Hampshire County Council and the other District Councils across Hampshire to offer a discounted scheme for loft and cavity wall insulation to Hampshire homeowners and privately renting tenants (with landlords permission). From December 1st 2011 until March 31st 2012 the scheme has announced a Winter Warmer promotion which means that Hampshire residents are able to access free cavity wall insulation and free loft insulation (where there is currently none or less than 60mm of loft insulation). After the 31st March, the project will offer cavity wall insulation from £75 and loft insulation will be available from £99. 'DIY' loft insulation is also available for £49 including free delivery and a safety pack to top up your existing loft insulation. To find out more call the number below for free:

Contact telephone: 0800 952 0037 **Visit** www.insulatehampshire.co.uk

In-Touch Handy Person Service

A range of handyperson services available to support people over the age of 60 or disabled/vulnerable to remain in their own homes, including:

- ▶ **Plumbing** - leaks, replacing taps, tap washers, ball valves
- ▶ **Carpentry** - replace doors, erect cupboards, put up shelves
- ▶ **Electrical** - replace ceiling rose, sockets and switches, change a fuse
- ▶ **Security** - fit new locks, replacement locks, smoke detectors
- ▶ **Miscellaneous** - hang pictures, light bulbs, assemble furniture

Labour costs are charged by the hour, and may be reduced for those on some means tested benefits. Clients may supply their own materials or materials can be supplied at cost price. All staff have an enhanced CRB check and are trained to a high standard. For further information:

Contact telephone: 0845 8046 2444 or 0845 4595036 **Website:** www.intouchsupport.co.uk

Shaw Trust Gardening Support for the over 60's

Gardening support service operated by the Shaw Trust throughout Hampshire. Provides gardening support to vulnerable adults over 60. Maximum of 6 visits a year (4 in summer and 2 in winter); each visit can be up to 4 hours. The service will take away garden waste created during visit. Lower rates available for those on means tested benefits. Open referral.

Contact telephone: 0845 6044 643 (local charge call number)

Warm Front

A government funded scheme which provides grants to make people's homes warmer, healthier and more energy efficient. The grant provides energy efficiency advice and a package of insulation and heating improvements tailored to each property, grants up to the value of £3,500. Warm Front Grants are for people on certain benefits.

To check if you are entitled to a Warm Front Grant call:

Contact telephone: 0800 072 9006 Monday – Friday 8am- 6pm **Website:** www.warmfront.co.uk

To apply call:

Contact telephone: 0800 316 6011 Monday – Friday 8am- 6pm and Saturdays 9am- 5pm

Transport

British Red Cross

A transport scheme run in Hampshire is specifically for people requiring an ambulance to transport them due to their health/physical condition. This service is mostly used by people being transferred to/from nursing homes for treatments or those who are terminally ill wishing to pass away in their homes or a more local hospital. The service is available all over the county but depends on the availability of our volunteers. Please give as much notice as possible, and charges are available on request.

Contact telephone 01962 891674 **Email** CBartlett@redcross.org.uk

Call & Go

Call & Go is a bookable bus service for people who live in Havant Borough area (excluding Hayling Island) and meet one of the following criteria:

- Have a disability, mobility or sensory impairment which makes using buses difficult
- Live more than 400 metres from an available bus stop
- Do not have access to a car when required and there is no bus service running when you need to travel
- You are accompanying someone who meets the above criteria.

You need to register to use the service and phone to book your journey. Bookings are allocated on a first come, first served basis. The minibus will collect you from a mutually agreeable point (or from your door if you are mobility impaired) and take you to your required destination. Call & Go minibuses are specially adapted with handrails and low steps to help passengers. Each vehicle is equipped with a lift or ramp to assist wheelchair and walking frame users, and people carrying children in their buggies.

Havant Call & Go operates: Monday to Saturday 8.30am – 4pm serving: Anywhere in the Borough of Havant (excluding Hayling Island), Waterlooville, Horndean, Clanfield and Rowlands Castle. Journeys to places named above, also Commercial Road in Portsmouth.

Contact telephone: 0845 602 4135 booking hours: Monday to Friday 8am-5pm and Saturdays 9am–4.30pm **Notice required: 6 working days or less**

Good Neighbours

Local Good Neighbour groups offer support in the community with a range of services such as practical help like hanging curtains, picking up prescriptions and transport to appointments. All volunteers are CRB checked. For further details contact your local group.

Emsworth Good Neighbours contact telephone: 01243 430999

Hayling Voluntary Services contact telephone: 023 9246 2194 or 023 9246 0073

Leigh Park, Warren Park & West Leigh Good Neighbours contact telephone: 023 9279 6797

Waterlooville & Purbrook Good Neighbours contact telephone: 023 9226 6005

Havant Travel Concessions

Havant Borough Council, Civic Offices, Civic Centre Road, Havant, PO9 2AX

Concessionary Travel is available to residents of the Borough who are 60 years of age and over, this entitles eligible persons to a free off-peak bus pass which allows free bus travel providing journeys start between 9.30 am - 11 pm on a weekday or anytime on weekends and public holidays. To apply you must complete an application form, supply proof of age and residence, and a recent passport-sized photograph. For further details or an application form:

Contact telephone: 023 9244 6012 **Email:** customer.services@havant.gov.uk

Hayling Island 32 Carshare

The Carshare is a bookable service for people who live on Hayling Island, wish to travel to Mengham or Havant, and meet one of the following criteria:

- Have a disability, mobility or sensory impairment which makes using buses difficult
- Live more than 400 metres from an available bus stop
- Do not have access to a car when required and there is no bus service running when you need to travel
- You are accompanying someone who meets the above criteria.

You need to register to use the service, and then phone to book your journey. Bookings are allocated on a first come, first served basis. A taxi or private hire vehicle will collect you from a mutually agreeable point (or from your door if you are mobility impaired) and take you to your required destination.

Hayling Island operates on Mondays to Saturdays to a set timetable.

Contact telephone to register: 01962 846786

Older Drivers Skills Scheme

Provided by Hampshire County Council this is an informal, confidential driving appraisal - **not a test** - developed to help older drivers update their skills, gain confidence, return to driving after an illness or perhaps adapt to a new vehicle.

The scheme aims to offer help and advice, which will enable older persons to continue driving - with improved safety. It is delivered from the person's home, using their car, on a route to reflect their normal driving pattern. Following the practical drive, each person is given a comprehensive debrief, when any concerns and necessary remedial actions are discussed, with a detailed written report sent shortly after the appraisal. Overall, the appraisal takes up to one and a half hours and costs £30. The report is the property of the driver and remains confidential at all times. If a driver would like the report to be sent to their GP this can be arranged following completion of a release form.

Contact telephone: Hampshire County Council, Road Safety Unit: 01962 846100

Shopmobility Scooter Hire

14 Market Parade, Havant PO9 1QF

The Havant Shopmobility scheme is open 10am – 2pm Monday, Tuesday, Wednesday and Friday only.

The scheme offers mobility scooters for those with short-term and long term mobility problems.

Customers are asked to give 24 hours notice for use of a wheelchair. The equipment may be hired for the day, overnight, weekends or for seven days. Longer term hire can also be arranged. For more information please contact:

Contact telephone: 023 9245 5444 Email: shopmobility@havantccs.org.uk

Personal Support

Befriending

There is a network of voluntary groups in Havant Borough who provide befrienders to older and vulnerable people in our local community, who have become isolated or have lost confidence in accessing activities in the neighbourhood. Some provide short term services whilst others provide more long term support. For further details please call your local organisation from the numbers below:

Contact telephone: Age Concern Cowplain	023 9226 6423
Contact telephone: Christ Church Portsdown Good Neighbours	07842 367490
Contact telephone: Emsworth Good Neighbours	01243 372198
Contact telephone: Hayling Voluntary Services	023 9246 4730
Contact telephone: Havant	07886 716155
Contact telephone: Leigh Park Good Neighbours	023 9279 6797

Bereavement Support

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

Bereavement support is offered every 3rd Thursday from 10am – 12 noon. For further details please contact us.

Contact telephone: 07885 843860 **Email:** www.thebereavementcentre.co.uk

Chat to a Friend

A free confidential helpline for older people living in Hampshire offering independent and impartial support on information about services and facilities available, help to gain a sense of well-being, an opportunity to talk about any concerns and someone to chat to when you feel lonely. Available 9.00am - 11.00pm. Every day of the year including Christmas Day!

Contact telephone: 08000 323 456

Guide to Better Care and Support

This is a free practical information book on all aspects of independent living as well as support for you, your family and other carers. It includes a comprehensive list of organisations that provide home care services. Copies available in other formats, including large print, audio, braille, easier to read (which uses words and pictures to help you understand) or in another language. The book is also available online.

Contact telephone 0845 603 5630 visit www.hants.gov.uk/adult-services/as-publications

Lifeline

A personal alarm worn as a discrete wrist strap or necklace pendant, connected to a 24 hour contact centre. Giving peace of mind 24 hours a day 7 days a week the contact centre will call a nominated person or the emergency services in the event of an emergency. A key safe may be required along with contact details for a nominated person who lives locally. Call the individual suppliers for further details. This service is provided by:

- **Age Concern**
Various pricing options are available
Contact telephone: 0800 327 7154 or **Email:** mail@ageconcernhampshire.org.uk
- **Testway Support**
There is a monthly rental cost and a one-off set up fee.
Contact telephone: 0800 694 0303 or **Email** support@testway.co.uk
- **Guinness Care & Support**
Flexible pricing, anyone who has the need for a personal alarm system in their home can use our service
Contact telephone: 023 9271 4966 or **E-mail:** enquiries@guinness.org.uk

Laundry Service

Havant & Emsworth Laundrette, 34 Market Parade, Havant, PO9 1QF

A private laundrette offering a pick up and delivery service locally. Laundry is picked up from the person's home and delivered back. The cost is the full cost of the washing and drying, and if the address is in Havant there is no extra charge for delivery. Address outside the Havant area incurs a £3 delivery charge on top of the full washing and drying costs. A dry cleaning service is also available.

Contact telephone: 023 9247 3928

Laundrette Facilities

Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB

Washing and drying facilities are available for public use in our friendly centre. Why not make use of our café whilst you are waiting.

Contact telephone: 023 9225 8423

Meals on Wheels

The Emsworth Centre, South Street, Emsworth. PO10 7EG

Available for residents who are house bound or have difficulty cooking for themselves, this service provides a hot meal delivered by a Volunteer who has been CRB checked. Meals are delivered on Monday, Wednesday and Friday, frozen meals are also available for the days hot meals are not delivered. Special dietary requirements can be catered for and a two course meal is provided. Referral is required from a GP, Nurse, Social Worker or Scheme Manager. The meals are subsidised and the cost is available on request.

Contact telephone: 01243 373061 **Email:** meals@havantccs.org.uk

Podiatry Clinic

Age Concern Cowplain, London Road, WaterlooVille. PO8 8DB

Leigh Park Community Centre, Dunsbury Way, Havant. PO9 5BG

Appointments are available all day on Thursdays or 1pm – 4pm on a Tuesday in Cowplain, or during the morning of the 4th Thursday in Leigh Park with a HPC registered practitioner, qualifications held are MPhil, BSc (Hons), MChS. Booking in advance is essential. Charge applies.

Contact telephone: 023 9226 6103

SCA Domestic & Shopping Service

22a Picton House, Hussar Court, Westside View, WaterlooVille. PO7 7SQ

A not-for-profit social enterprise offering a range of domiciliary care and a subsidised domestic and local shopping service for older people in WaterlooVille, Havant and Leigh Park areas. The domestic service includes all general housework and staff can also load and empty the washing machine. All staff are CRB checked and there is an hourly charge. SCA can also offer personal care and sitting services which are styled to each individual and their personal needs.

Contact telephone: 023 9224 1555 **Visit** www.scagroup.co.uk

Testway Community Support

A community support scheme providing a range of support to older people, to help them stay living in their own homes. Support is varied and can include advice on accessing benefits, help to broker services (i.e. cleaning, shopping), advocacy with statutory agencies and reducing social isolation. An initial visit is undertaken to discuss needs and a support plan developed. There are no limits to the length of time the service is provided. The service is provided under the Supporting People programme, and is **free** to older people over 60 who are receiving housing benefit, council tax benefit or agreed pension credit. Older people who are not in receipt of benefits are also able to access the support, but will pay an hourly rate, which will be agreed when the initial consultation is undertaken. There is no charge for the initial visit.

Contact telephone 0800 694 0303 **Email:** info@testway.co.uk

Carer Support

Alzheimer's Society Memory Café's

Memory cafes to give those caring for relatives and friends with dementia the opportunity to meet with others, gather information and find support in a friendly informal environment are held in the following locations:

United Reformed Church, Elm Lane, Havant

Fourth Tuesday of each month from 10am -12noon

Age Concern Borrow Centre, London Road, Cowplain PO8 8DB

First Thursday of each month from 1pm - 3pm

United Reform Church, Osborn Rd, Fareham

First Wednesday of each month, 1.15pm – 3.15pm

No booking required just drop in or call the office on the number below for further details

Contact telephone: 02392 892035 **Email:** portsmouth@alzheimers.org.uk

Carers Clinics (Princess Royal Trust for Carers)

The United Reform Church, North Street, Havant

Held on the 2nd Tuesday of the month a 40 minute appointment is available to support carers with a wide range of information including advice and guidance, advocacy and representation, liaison with statutory bodies, access to training, respite and support groups. Please contact us for an appointment.

Contact telephone: 01962 869929 **Email:** winchester@carercentre.com

Carers Support Group (Princess Royal Trust for Carers)

Held every 3rd Thursday of the month from 1pm to 3pm at Age Concern Borrow Centre, London Road, Cowplain PO8 8DB

No booking required just drop in or call the office on the number below for further details

Contact telephone: 01962 869929 **Email:** winchester@carercentre.com

Crossroads Care

Tele Cottage, Horsemere Green Lane, Climping, Littlehampton, West Sussex, BN17 5QZ

Crossroads Care South Central provides support for carers and the people they care for. Crossroads offers a full range of flexible services for people with various disabilities or health conditions, including Day, Evening and Night services, as well as Emergency Respite. Staff are fully trained and sensitive to the emotional pressures of caring - they love their work and their training and long experience mean they understand what carers and those they care for need and feel.

Contact telephone: 01903 790270

Emergency Planning for Carers (Princess Royal Trust for Carers)

Princess Royal Trust for Carers provides support to carers to enable them to develop an agreed plan of action in case of emergency. The plans are developed with support from the trust through an individual visit. A document will be provided outlining the agreed plan. In the event of an emergency a 24 hour phone line is available should further support be required. Under this project, support in an emergency may be available free of charge for up to 48 hours. No current or previous adult services assessment is needed and there is no charge for the service.

Contact telephone: 0845 604 1577

They also offer carer support and information. Including emotional support, benefits advice, advocacy, access to respite schemes, signposting and information, liaison with health and social care, and form filling. This is available to all carers who can self refer.

Contact telephone: 01962 869929 **Email:** winchester@carercentre.com

Friendship Club

Gorseway Lodge, 354 Seafront, Hayling Island PO11 0BA

Gorseway Lodge, Alzheimer's Society and the Princess Royal Trust for Carers have all joined together to run this new club, enabling people with dementia and their carers to meet in a relaxed social setting. Held on the fourth Thursday of the month from 1.30pm to 3.30pm

Contact telephone: 02392 892035 **Email:** portsmouth@alzheimers.org.uk

Relate relationship support in Retirement

A service for those who find that their relationship with their partner has changed since retirement, in a way that makes them question their future together. We support couples and individuals to find a way forward to improve their relationship together

Contact telephone: 023 9282 7026 **Email:** relate@relateportsmouth.org.uk

Keeping Active

50+ Fun Club at Havant & Waterlooville Leisure Centres

Civic Centre Road, Havant, Hampshire, PO9 2AY

Waterberry Drive, Waterlooville, Hampshire, PO7 7UW

The 50+ Fun Club meets at Havant Leisure Centre every Monday, Wednesday and Friday morning between 8.30am and 12noon. New members are always welcome and can take part in the following activities: Health Club (induction required), Swimming, Badminton (coaching Wednesdays), Table Tennis, Exercise Classes, Dancing (Fridays), Squash, Racquetball & Short Tennis. The club also has a strong social diary including skittle evenings, dance evenings, day trips and holiday breaks. All events are displayed on the Fun Club notice board outside the sports hall.

Contact telephone: 023 9247 6026 **Visit** www.horizonlc.com

Fit n' Fifty at Waterlooville Leisure Centre

Fit n' Fifty sessions take place at Waterlooville Leisure Centre every Monday, Wednesday and Friday afternoon between 2pm and 4pm. New participants are always welcome (ask at customer services) and can take part in the following activities:

Health Club (induction required) & Swimming.

Contact telephone: 023 9224 5900 **Visit** www.horizonlc.com

American Line Dancing

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

Takes place in the Centre on Tuesdays from 2pm-3.30pm

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Bowls Clubs in Havant

- Cowplain Bowls club – Contact Pam Lamshead – 07736 737191
- Emsworth Bowls club – Contact Bryan Oldacre – 01243 373354
- Hayling Island Bowls club – Contact Mr. Williams – 023 9246 1541
- Havant Indoor Bowls club – Contact Richard Gallaway – 023 9249 2752
- Leigh Park Bowling club – Contact Ian McDonald – 023 9236 3749
- Waterlooville Bowls club, offer special rates for new bowlers
Contact Colin Lowe (Secretary) – 023 9243 0140
- Bedhampton Bowls and Petanque club, they hold an annual open day on the 1st Sunday in May. Disabled bowlers are welcome.
Contact Mr. Case (President) – 023 9247 5323
- Purbrook Heath Bowls club – Contact Gerry Prior – 023 9259 2742

Health Trainers

Your health trainer can provide free, confidential, one-to-one support to enable you to make healthier lifestyle choices such as giving up smoking, reducing alcohol intake, eating healthily, losing weight and becoming more active.

Contact telephone: 023 9241 5563 Sue Kell 07833 122559 Elisa Edwards 07826 528554

Email: suek@havantccs.org.uk or elisa@havantccs.org.uk

Keep Fit

- **Arthritis Exercise Classes**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
Tuesdays 10am - 10.50am and 11.10am - 12noon
St. Joseph's Hall, West Street, Havant PO9 1LP
Thursdays 10am - 10.50am and 11.10am - 12noon. Improves strength, mobility and balance. Term time only. All ages and abilities are welcome either drop-in or book in advance. All classes run by chartered physiotherapist Juliette O'Hea MCSP MSc PGDip (Rheum)
Contact telephone: 023 9241 3885 mobile 07974 238787 **Email** physio@arthritisfirst.co.uk
- **Emsworth Community Association - The Centre, Church Path, Emsworth PO10 7DP**
Thursdays (term-time) from 10.00am - 12noon
Contact telephone: 01243 374116
- **St James' Parish Hall, Church Path, Emsworth. PO10 7DP**
A friendly keep fit class for the 60+. Gentle, rhythmic mobility exercises including some seated exercise. 10am – 11am every Thursday. A more active class is also available in Westbourne. For further details call the number below.
Contact telephone: 01329 283093
- **Chair Based Exercise Class**
Emsworth Methodist Church and Pastoral Centre,
19 High Street, Emsworth. PO10 7AQ
We offer a gentle chair based exercise sessions on Monday morning from 11am for 40 minutes (except during the School Summer holiday period) - please check with the Pastoral Centre regarding Bank Holiday Mondays as the class may take place if the Teacher is available.
Contact telephone: 01243 373773 **Email:** methodistchurch@emsworth.org
- **Gentle Exercise Class**
Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY
A friendly group who meet on Tuesdays from 11.30 -12.30, to improve mobility, help stiff joints, improve balance and make new friends.
Contact telephone: 023 9225 0206 **Email:** administrator@waterloovillebaptist.org.uk
- **Leigh Park Community Centre, Dunsbury Way, Havant PO9 5BG**
Monday 10am – 11.30am
Contact telephone: Ann Curtis 023 9259 5581
Senior Citizens Keep Fit
Friday 10.30am – 11.30am
Contact telephone: Sally 07711 769349
- **St Albans Church hall, Barton's Road, Havant**
Over 50's exercise class - Wednesdays - 10:00 am to 11:00am
Tuesdays Keep Fit - 7:50pm - 8:50pm
Contact telephone: Sally Carter 07711 769349
- **Age Concern Cowplain, London Road, Waterlooville. PO8 8DB**
Friendly keep fit class with a fully trained instructor, a relaxed class where people can work at their own pace. For further details please contact the number below.
Contact telephone: 023 9259 1118

- **Merchistoun Hall, 106 Portsmouth Road, Horndean**

Keep fit classes are held every Wednesday morning at 9.30, gentle exercises suitable for the less active or beginners.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

- **Waterlooville Community Centre, 10 Maurepas Way, Waterlooville. PO7 7AY**

Keep fit classes are held every Wednesday 1.45pm-2.45pm. Run by a fully trained instructor, a relaxed class where people can work at their own pace.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

- **Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB**

The keep fit group meet on Tuesdays 10am-11am.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Line Dancing

Cowplain Activity Centre, Padnell Road, Waterlooville. PO8 8EH

Held on Tuesday evenings beginners 8pm – 8.30pm and intermediate 8.30pm-10pm. Social dancing and bar available until 10.30pm.

Contact telephone: 023 9226 7029 **Email:** cowplainactivitycentre@hotmail.co.uk

Swimming

Havant Leisure Centre

Civic Centre Road, Havant, Hampshire, PO9 2AY

50+ Tuesday 9am – 10am

Ladies only Tuesday 7pm – 8pm

Contact telephone: 023 9247 6026 **Visit** www.horizonlc.com

Waterlooville Leisure Centre

Waterberry Drive, Waterlooville, Hampshire, PO7 7UW

Ladies only Tuesday 7pm-8pm

Contact telephone: 023 9224 5900 **Visit** www.horizonlc.com

Tai Chi

Merchistoun Hall, 106 Portsmouth Road, Horndean

Held on Thursdays at 11.10am beginners are welcome.

For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

Tai Chi

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants, PO7 7AY

Classes are available on Thursdays from 2-3pm, or Fridays from 1.30-2.30.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Walking to Health

Walking to Health is for anyone wishing to gently increase their activity levels whilst discovering the local area. Walking to Health provides people with the opportunity to take part in short, safe, sociable walks within local communities. Best of all its free! Each walk lasts about an hour and they take place within Havant and the surrounding areas including Hayling Island, Waterlooville and Bedhampton. For details on walks in your local area call:

Contact telephone: 023 9244 6642 **or use the walk finder at** www.whi.org.uk

Yoga

Waterlooville Community Centre 10 Maurepas Way, Waterlooville, Hants, PO7 7AY

Hatha yoga taught in a friendly atmosphere by an experienced and fully qualified (Fryog) teacher. The class is suitable for the experienced and fit beginners.

Thursday mornings 9.45-11.15 session to include warm ups, posture work, breath control, meditation and relaxation.

Friday mornings 10am-11.30am caters for all levels and contains classical yoga posture, breathing, relaxation and meditation techniques

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Social Activities in Central Havant, Leigh Park & Bedhampton

Art Group

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Group meets on Wednesday mornings between 10am – 12.30pm

Contact telephone: 023 9248 0654 Visit www.bedhampton-social.hampshire.org.uk

Young at HeART- Art Group

Staunton Country Park, Middle Park Way, Havant PO9 5HB

A new friendly art and craft group for those aged 50+, for all abilities. Held every Thursday 10am – 12noon. New members are always welcome.

Contact telephone: 023 9245 5789 Email: Lynda@lunamoonfae.com

Computer Sessions

- **Age Concern Information & Resource Centre, 14 Market Parade, Havant P09 1QF**
One to one computer classes for older people, a charge applies and appointments are necessary, for further information call the office number below.
Office hours are Monday – Friday 10am-3.30pm
Contact telephone: 023 9247 2452 Email: smc@havant15.fsnet.co.uk
- **Leigh Park Community Centre, Dunsbury Way, Leigh Park P09 5BG**
A computer drop in is held on Wednesdays 10am-12noon
Contact telephone: 023 9248 4071
- Havant Libraries hold a range of computer classes, for further information call:
Leigh Park Library, 50 Park Parade, Leigh Park PO9 5AB
Contact telephone: 023 9248 4172
Havant Library, Meridan Centre, Havant PO9 1UN
Contact telephone: 023 9248 4945
Or visit their website on: www.hants.gov.uk/learning-in-libraries

Coffee Mornings

- **H50 run by Age Concern in The Beacon, Meridian Shopping Centre, West Street, Havant**
Held on 1st Tuesday of every month 10am-12 noon. There are always a number of information stands and Angel Radio provides the background music.
- **St. Faiths Church, West Street, Havant**
Held on the 1st Saturday morning of the month.
- **Methodist Church, Petersfield Road, Havant. PO9 2HU**
The pastoral centre is open Monday to Friday mornings for tea, coffee and friendship

- **Havant Meeting Place at Havant United Reformed Church, North Street/Elm Lane Corner, Havant. PO9 1PP**
Hold coffee mornings on Tuesday, Wednesday and Thursday from 10am-12noon. Everyone is welcome; they serve Tea and Coffee at reasonable prices. Held on Wednesday mornings in aid of the Rocky Appeal. A warm welcome to all.
- **Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES**
Held on Wednesday mornings 10am-12 noon in the members lounge, new visitors welcome.

Friendship Clubs

Brendon Care

Silent World & Friends

St Michaels & All Angels Church, Dunsbury Way, Havant. PO9 5BD

Club meets alternate Wednesdays from 2pm-4pm.

New members are welcome.

Contact telephone: 01962 877772 **Email:** clubhampshire@brendoncare.org.uk

Brendon Care

Havant United Reformed Church, North Street, Havant. PO9 1PP

Club meets Mondays from 2pm-4pm.

New members are welcome.

Contact telephone: 01962 877772 **Email:** clubhampshire@brendoncare.org.uk

Leigh Park Senior Citizens Club

Leigh Park Community Centre, Dunsbury Way, Leigh Park. PO9 5BG

Meet on Fridays between 1.30pm-4pm, they provide a friendly environment for older people to socialise and make friends.

Contact telephone: 023 9264 3132

Friendship Club

Leigh Park Community Centre, Dunsbury Way, Leigh Park

Club held on the 3rd Thursday of the month. New members are always welcome for further details please call the number below.

Contact telephone: 023 9245 0062

Havant 50+

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

The club provides a meeting place for anyone, regardless of sex, race or creed, who is over 50 years of age. There is a monthly speaker, raffle & free refreshments. Twice yearly skittle and supper evenings. Coach outings to places of interest. Pub lunches and other day or evening functions. There is a fee of £12 per annum (which covers venue rental, running expenses and refreshments). Visitors and guests pay £1 per visit.

Meet on **2nd Thursday** of each month

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Library Club

Leigh Park Library & Learning Centre, 50 Park Parade, Leigh Park. PO9 5AB

Runs a Library Club on the first Friday of the month from 10.30am-12 noon. The Leigh Park Library Club provides transport for those who find visiting the library difficult, giving people the opportunity to choose their books and enjoy a chat and a cuppa.

Contact telephone: 023 9248 4172 **Email** leigh.park.library@hants.gov.uk

Lunch Clubs

- **Leigh Park Lunch Club, Leigh Park Community Centre, Dunsbury Way, Leigh Park 2nd, 4th & 5th Thursday 11.30am-1pm Cost £3**
Transport in Warren Park, Leigh Park & West Leigh £2
Contact telephone: 023 9245 0062
- **Rowlands Castle WRVS Lunch Club, Parish Hall, Links Lane, Thursday Cost £2.50**
Transport £1 for those living in Rowlands Castle. Out of area people welcome
Contact telephone: 023 9241 2763
- **Community Café, Leigh Park Community Centre, Dunsbury Way, Leigh Park**
Run by a local charity the café is open every day for reasonably priced fresh cooked meals. A friendly atmosphere everyone is welcome.
Contact telephone: 023 9248 4071

Macular Support

United Reform Church, North Street/Elm Lane Corner, Havant. PO9 1PP

Group meets on 4th Thursday of each month 1.30pm-3.30pm, offering support, advice and friendship.

Contact telephone: 023 9261 9856

O.A.P. Club (Older Active Persons Club)

Leigh Park Baptist Church, Stockheath Road, Havant. PO9 5NT

Held on Thursday afternoons 1.30pm-3.30pm the club offers the chance to socialise and make friends. The activities include quizzes, art and crafts, specialist talks. The club is supported by local Community Nurses who offer the chance to talk informally about health issues. There is no charge and new members are always welcome.

Contact telephone: 023 9245 0539 (9am-12 noon Monday – Thursday)

Out of Focus

The Bear Hotel, 15-17 East Street Havant, PO9 1AA

Supporting people with sight loss the friendship group meets on the 2nd Tuesday of the month at 7.30 pm.

Contact telephone: 01329 512447

Short Mat Bowls

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

Wednesday 10am-12 noon and 1.30pm-4.30pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Social Sequence Dancing

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES

Wednesday evening 7:45pm-10:00pm

Friday evening 7:45pm-10:30pm

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Stroke Club

Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton PO9 3ES

Group meet on a Monday from 10-11am. A club where people who have survived stroke can meet in a happy and social atmosphere, where they can regain skills that they probably thought they may never use again. An exercise class is also available.

Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk

Tea Dance

- **Bedhampton Social Hall, 21 Bedhampton Road, Bedhampton. PO9 3ES**
Held on the 1st Thursday of each month 2pm–4.30pm
Contact telephone: 023 9248 0654 **Visit** www.bedhampton-social.hampshire.org.uk
- **Leigh Park Community Centre, Dunsbury Way, Leigh Park**
Held on the 2nd & 4th Thursday of each month 2pm-4pm
Contact telephone: 023 9248 4071

Women's Institute

Leigh Park Community Centre, Dunsbury Way, Leigh Park

Meet on the **last Tuesday** of each month, for further details call the number below:

Contact telephone: 023 9241 2612

Social Activities in Emsworth

Art Groups

- **Pan Art**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
Meet every Tuesday 9.30am – 11.30am
Contact telephone: 01243 373805
- **Phoenix Art Group**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
This is a well established art group for the more experienced artist. Costs vary but on average it is approx £60 per term. Meet every Tuesday 1.30pm - 3.30pm
Contact: for further information please come along and see us during the above times
- **Art Workshop**
Emsworth Community Centre, Church Path, Emsworth PO10 7DP
Meet every Monday 9am -11am
Contact telephone: 01243 376674

Bourne Quilters

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

A friendly group of experienced quilters who meet on the 1st Monday of each month 7.15pm – 9.15pm (or the 2nd Monday if the 1st Monday is a Bank Holiday). New members are welcome, but there is a waiting list. Non-members are welcome to attend when the evening has a speaker or a workshop. For further details please call the number below.

Contact telephone: 023 9259 8984

Coffee Morning

Emsworth Methodist Church and Pastoral Centre

19 High Street, Emsworth PO10 7AQ

The Pastoral Centre offers friendship and reasonably priced refreshments to the local community. Open weekdays from 10am to 4pm and Saturdays from 10am to noon. Ploughman's lunch Tuesdays, Sandwiches + rolls Thursdays. A number of other activities take place during the month including a missions market, cake stall and traidcraft stall. Everyone welcome

Contact telephone: 01243 373773 Email: methodistchurch@emsworth.org

Computer Courses

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Computer courses in Internet and e-mail are available on various days, in a relaxed and friendly environment for the local older community. Please call the number below for further details.

Contact telephone: 01243 373805

Civil Service Retirement Fellowship

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Meet on the 1st Friday of each month 10am-12noon. All former civil servants and their partners welcome.

Contact telephone: 01243 372037

Emsworth & District Flower Society

Southbourne Village Hall, 1st Avenue, Emsworth PO10 8HN

Meet on the 1st Monday of each month from 7.45pm. This is a flower club for ladies to enjoy monthly demonstrations on flower arranging. We raise money with a sponsored walk, coffee mornings, cream teas etc for various local charities each year.

Contact: Please pop along during the time above for more information

Emsworth Sports and Social Club

Emsworth Sports & Social Club, 43/45 Havant Road, Emsworth. PO10 7JF

Has a range of activities including Snooker, Sea Angling, Bowls, Chess, Bingo and Weekly Social Events (Live Bands, Discos, Quiz nights etc)

Bridge Club

Held on a Thursday evening 7pm – 10pm. A friendly club with about 6 tables playing intermediate level Bridge. The social club has a bar and bridge is played in a private room adjacent to the bar. Annual membership is £8 plus £15 membership of Emsworth Sports and Social Club.

Contact telephone: 01243 376037 Memberships available

Film Night

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Held once a month on the 2nd Monday. All Films shown at 7.30pm. Doors open at 7.00pm. Tickets - £5.00 available from 'Newsmag' in the High Street. Please buy your tickets in advance to guarantee a seat.

Contact telephone: 01243 377493 **Visit:** www.moviola.org

Friendship Clubs

Emsworth Day Out Scheme

Emsworth Centre, South Street, Emsworth PO10 7EG

A friendship club for disabled older people run by volunteers. The club meets every Wednesday from 10.30am – 2.30pm. They have talks, art and craft, lunch and tea and a chat with friends. The club's aim is to have trips out on fully accessible transport, so they save towards regular trips

Contact telephone: 01243 373061 / 01243 373408

Emsworth Methodist Church and Pastoral Centre

19 High Street, Emsworth. PO10 7AQ

An activity afternoon is held on the 1st, 2nd and 3rd Tuesday of each month at 2pm. The afternoon includes a variety of activities including games, quizzes, music and reminiscence. Open to all, and new people are always welcome.

Contact telephone: 01243 373773 **Email:** methodistchurch@emsworth.org

Emsworth Golden Age Club

St James' Parish Hall, Church Path, Emsworth. PO10 7DP

Meet on the 3rd Monday of the month at 2pm- 4pm. The Emsworth Golden Age Club has been running now for many years, relying on voluntary helpers with tea and various entertainment including a Birthday party in June, Xmas party in November, and annual coach trips.

Contact telephone: 01243 372646

Lunch Clubs

- **Emsworth Centre, South Street, Emsworth**
Monday to Friday 11am–1pm
No transport
Contact telephone: 01243 373061
- **Emsworth Methodist Church & Pastoral Centre, 19 High Street, Emsworth PO10 7AQ**
Ploughman's lunch Tuesdays, Sandwiches & rolls Thursdays
Contact telephone: 01243 373773

Horticultural Society

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

The society was formed in 1919, originally for local allotment holders; nowadays we offer membership to anyone who has an interest in gardening of any sort. Currently membership is £3 per household per year (from 2011 it will rise to £5 per year). Talks take place on the third Thursday of the month 7.30 – 9pm September until May.

Contact telephone: 01243 376161

Open Sight Blind Club

Emsworth Centre, South Street, Emsworth PO10 7EG

A friendly support group for the blind and partially sighted offering the opportunity to socialise and receive support and information. They meet on the **1st and 3rd Tuesday** of each month (except August) 10am – 3pm. New members are always welcome and people do not need to be registered blind or partially sighted to attend.

Contact telephone: 023 8064 1244 **Email:** info@opensight.org.uk

Stroke Club

Emsworth Centre, South Street, Emsworth, PO10 7EG

A club where people who have survived stroke can meet in a happy and social atmosphere, where they can regain skills that they probably thought they may never use again. No charge for membership but a weekly subscription towards the cost of hiring the Emsworth Centre & for tea/biscuits enjoyed during that time. There is no charge for transport to and from the club, as all our drivers do this on a purely voluntary basis, when available, but limited to people within a 3 mile radius of Emsworth.

Contact telephone: 01243 373061

Tea Dance

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Held on Thursday afternoons 2pm-4pm. Basic dance instruction given, admission £2.

Contact telephone: 01243 374627.

University of the Third Age

U3As are autonomous, self-help organisations run by the voluntary efforts of their members. They aim to encourage and enable older people who are no longer in full-time employment to share their knowledge, skills, interests and experience. They pursue learning, not for qualifications but for fun, through a wide range of study groups and social activities.

Emsworth & District U3A

Hold monthly meetings with a speaker on the 3rd Friday of each month, and support a wide and varied programme of groups including creative writing, languages, music and poetry. Some of the smaller groups which meet in members' homes may have waiting lists to join. Among the larger groups meeting monthly are:

- Genealogy at the Pastoral Centre on the 1st Thursday of the month at 2pm
- Local History at the Pastoral Centre on 4th Wednesday of the month at 2pm
- Bird watching, meet at Bridge Road Car Park at 9.50am on the 4th Tuesday of the month to share cars for the outing.
- Wine Appreciation at Waterside URC Hall on the 2nd Tuesday at 10am

Please use the details below to find out more information about membership.

Contact telephone: 01243 430097 **Email:** membership@emsworthu3a.org.uk

Visit: <http://emsworthu3a.org.uk/>

Emsworth Morning Woman's Institute

Emsworth Community Centre, Church Path, Emsworth PO10 7DP

Meet on the 2nd Friday of the month 9.30am – 12noon. A thriving friendly group for ladies of all ages, new members are always welcome. For further details please call the number below.

Contact telephone: 01243 376179

Emsworth Afternoon Woman's Institute

St James' Parish Hall, Church Path, Emsworth. PO10 7DP

Meet on the 4th Tuesday of each month (from January 2011 we will meet on the 2nd Tuesday) at 2pm. A small friendly group, new members are always welcome. For further details please call the number below.

Contact telephone: 01243 431536 or 01243 389858

Social Activities Waterlooville

55+ Activities

Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ

Club meets every Wednesday from 10am-12 noon for friendship and a wide range of activities. Anyone is welcome to pop along and join us.

Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

Art & Craft

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

Our art and craft group meets every Tuesday 2pm – 4pm and new members are always welcome.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Art group

Hart Plain Church, Hart Plain Avenue, Waterlooville. PO8 8RG

This is a mixed group, with varying degrees of knowledge. The object of the group is a coming together of like minded people to share their individual talents along with fellowship. The sessions are not structured as each individual will have different passions about what they enjoy drawing and painting. So it is up to you what you bring along each time.

Meeting every 2nd and 4th Friday of the month 2.00pm - 4.00pm

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

Art Therapy

Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY

Held every Thursday from 9.30 -12 noon this club is very popular. All abilities are welcome. If you enjoy painting or drawing and want to do something relaxing and creative please contact us on the number below.

Contact telephone: 023 9225 0206 **Email:** administrator@waterloovillebaptist.org.uk

Bingo

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

We have a friendly bingo group who meet on Friday afternoons, includes a raffle and a cup of tea.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Bingo

St. George's Church, Saint George's Walk, Waterlooville PO7 7TX

Friendly bingo group meets every Tuesday afternoon 1.30pm - 4pm. Include Tea and biscuits and a raffle. A small membership charge applies. Everyone is welcome.

Contact telephone: 023 9226 2145 **Email:** parishpriest@stgeorgesnews.org

Bridge Club

Cowplain Bridge Club is a friendly and welcoming bridge club for players of all abilities. We play at 7.00pm on Thursday evenings at Horndean Technical College. We also run short bridge holidays. For further information contact:

Contact telephone: 023 9259 3292 **Email:** g.lavender33@ntlworld.com

Bridge

Merchistoun Hall, 106 Portsmouth Road, Horndean

We have a social bridge class on Tuesdays at 1pm, informal class but not for beginners.

For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

Ceramic Painting Group

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

Meet from 10am to 4pm on the 3rd Saturday of each month, some experience required as this is not a teaching class.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Creativity Club

Hart Plain Church, Hart Plain Avenue, Waterlooville. PO8 8RG

Join us for coffee/tea and a chat, whilst busy fingers knit for the Seamen, fill shoe boxes for children in other countries, and many other charitable activities.

You do not have to be a church member to come along.

This popular club meet every Wednesday between 10.00 am and 12.00 noon.

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

Coffee Mornings

- **Hart Plain Church, Hart Plain Avenue, Waterlooville. PO8 8RG**

On the last Saturday of the month at 10am. Everyone welcome

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

- **Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB**

Pop in any week day for a cuppa and a chat, café facilities also available. Everyone's welcome.

Contact telephone: 023 9225 8423

- **Age Concern Cowplain, London Road, Waterlooville. PO8 8DB**

We have drop in coffee mornings on Tuesdays, Thursdays and Fridays from 10am – 11.45am.

Pop in for a chat and a cup of tea or coffee.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

- **Parklands Tea Rooms Merchistoun Hall, 106 Portsmouth Road, Horndean**

Open from 10am -1pm on a Friday, everyone welcome to pop in for reasonably priced refreshments in a friendly atmosphere.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

- **Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants PO7 7AY**

Everyone welcome to pop along any weekday from 9am-4pm for tea and coffee. Light lunches also available.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

- **St. George's Church, Saint George's Walk, Waterlooville PO7 7TX**

Holds coffee mornings on Wednesday, Thursday and Friday 10am-12 noon, Thursday coffee morning includes a market. Everyone is welcome.

Contact telephone: 023 9226 2145 **Email:** parishpriest@stgeorgesnews.org

Coffee & Co

St. Wilfred's Church, Upper hall, Padnell Road, Cowplain. PO8 8DZ

Do you need a listening ear; have you suffered a loss, redundancy, divorce, bereavement? Come along for an opportunity to chat with others. Held on the 1st Saturday of the month 10am - 12noon.

Contact telephone: 023 9259 4019

Computer Classes

- **Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB**
Silver surfing for beginners held every Friday. Free internet access is also available during the week. For further details please call the number below.
Contact telephone: 023 9225 8423
- **Age Concern Cowplain, London Road, WaterlooVille. PO8 8DB**
We have a 12 week one to one beginner's course which takes place on a Thursday afternoon. A charge applies and booking in advance is essential. No experience is required and you are encouraged to learn at your own pace. For further details please call the number below.
Contact telephone: 023 9226 6423 Email: ageconcerncowplain@tiscali.co.uk
- **Springwood Community Centre, 110 Springwood Ave, WaterlooVille PO7 8BJ**
We have a fully equipped IT suite available, including internet café facilities. For further details please contact us.
Contact telephone: 023 9223 0330 Email: springwoodcc@btconnect.com

Family History

Age Concern Cowplain, London Road, WaterlooVille. PO8 8DB

We have a friendly team of volunteers who help people to trace their family history all day on a Tuesday & Friday morning from 9.30am - 11.30am. Very basic computer skills are required, but help and advice is available.

Contact telephone: 023 9226 6423 Email: ageconcerncowplain@tiscali.co.uk

Friendship Clubs

Horndean Elders Club

Merchistoun Hall, 106 Portsmouth Road, Horndean

Meet every 1st and 3rd Wednesday at 1.45pm. Come along to meet new friends and enjoy games and outings. New members are always welcome and transport can sometimes be arranged.

For further details:

Contact telephone: 023 9259 2048

Purbrook Friendly Club

Deverell Hall, London Road, Purbrook

Meet on the 2nd & 4th Tuesday of each month. New members are welcome.

Contact telephone: 01962 877772 Email: clubhampshire@brendoncare.org.uk

The 55 Club

Merchistoun Hall, 106 Portsmouth Road, Horndean

Friendly club for the over 55's new members are always welcome. A wide range of activities are available including keep fit, speakers, hobby groups, short mat bowls, day trips, guided walks, crafts & games.

There is also a full day of events on Mondays starting at 9.15am.

Membership fees apply, and charges for activities and outings vary. For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

The Get Together Club

Hart Plain Church, Hart Plain Avenue, Waterlooville. PO8 8RG

Is a friendly afternoon group that meets in the comfort of the Open Door at Hart Plain Church on the second and fourth Wednesday of each month except August. We generally have a talk by excellent speakers, as you can see from our programme. However, there are some variations where we are entertained by dancers and singing groups and we also have a few meetings where we provide our own entertainment. We celebrate our Anniversary each year with a special cream tea and at Christmas we have a festive lunch. There is always a cup of tea and a friendly welcome available, so if you are in need of company or are interested in any of the talks, why don't you come along on a Wednesday and give us a try. We meet at 1.45pm on a Wednesday.

Contact telephone: 023 9225 4452 **Email:** office@hartplainchurch.hampshire.org.uk

CAMEO Club

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants, PO7 7AY

We have been around for some years now and actually started off being one of the Gas company social clubs. Basically, we meet on the third Tuesday of the month, and our morning consists of a speaker and a variety of subjects, a little socialising, a raffle and of course a coffee break! During the year we try to arrange a few outings and social occasions. We also have a Christmas lunch at different places. We have, at the moment about 112 members.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Lunch Clubs

- **The Acorn Centre, Eagle Avenue, 3 The Kestrels, Wecock Farm PO8 9UB**
Monday 11.45am-2.30pm Lunch followed by bingo or entertainment
Taxi available
Contact telephone: 023 9225 8423
- **Age Concern Cowplain, London Road, Cowplain**
Tuesday Thursday Friday 10am-1pm
Local transport may be available in Waterlooville area call for further details
Contact telephone: 023 9226 6423
- **Jubilee Club, Jubilee Centre, Mill Road, Waterlooville**
Tuesday & Friday 10am-1pm
Transport available
Contact telephone: 023 9225 8841

- **Rkadia, Knighton Corner, Portsmouth Road, Horndean**
Thursday
No transport available
Contact telephone: 0800 4220570
- **Springwood Community Centre, Springwood Ave, Waterlooville**
Friday
No transport available
Contact telephone: 023 9223 0339
- **Waterlooville Baptist Church, 368 London Rd, Waterlooville, Hampshire PO7 7SY**
The aim is to provide a friendly atmosphere in which to have a meal. Many diners appreciate being able to have congenial company and conversation over the dinner table. Meals have to be pre-booked
Contact telephone: 023 9225 0206 **Email:** administrator@waterloovillebaptist.org.uk
- **Merchistoun Hall, 106 Portsmouth Road, Horndean**
Held on a Friday once a month lunches are served at 1pm. Meal orders are required before 12noon on the Wednesday before. Transport is available for parties of 6 or more. For dates please call the number below.
Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com
Visit: www.merchistounhall.co.uk

Macular Support Group

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

We meet on the 2nd Thursday of each month from 1.30-3.30 for friendship and support for those suffering sight loss. Activities include speakers, a cup of tea and the chance to meet others. New members are always welcome.

Contact telephone: 023 9226 6423 **Email:** ageconcerncowplain@tiscali.co.uk

Mahjong

Merchistoun Hall, 106 Portsmouth Road, Horndean

Social group held every Friday, come along to play with other like minded people. Charge includes lunch.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

Rendezvous Club

Springwood Community Centre, 110 Springwood Ave, Waterlooville PO7 8BJ

Meet every Friday from 1.30-4pm, anyone welcome.

Contact telephone: 023 9223 0330 **Email:** springwoodcc@btconnect.com

Scrabble

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants, PO7 7AY

Group meets every Wednesday afternoon 1.30 -3.30pm new members always welcome.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Scrabble

Age Concern Cowplain, London Road, Waterlooville. PO8 8JB

Cowplain WI hold a scrabble club on the 2nd & 4th Friday of each month 2pm – 4pm at the above venue.

New members are always welcome.

Contact telephone: 023 9225 9054

Sequence Tea Dance

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville, Hants. PO7 7AY

The origins of the group go back many years, it is a sponsored group and all the members are required to join Waterlooville Area Community Association. The group aims to promote and enjoy Sequence Dancing in all its branches. Modern, Latin and Classical (Old Time) and its music.

We meet every Tuesday from 2pm to 4pm, except on Blood Donor Days (usually once a month).

Come along to dance or enjoy the music in the company of a friendly caring group.

Also, 4 week sessions for beginners and improvers are arranged throughout the year.

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

Sewing Classes

Cowplain Activity Centre, Padnell Road, Waterlooville. PO8 8EH

Class is held every Tuesday from 9am-4pm.

Contact telephone: 023 9226 7029 **Email:** cowplainactivitycentre@hotmail.co.uk

Short Mat Bowls

Cowplain Activity Centre, Padnell Road, Waterlooville. PO8 8EH

A friendly group who meet on Mondays 10-12 and Wednesday & Thursdays 1.30- 4.30, new members are always welcome and no experience is necessary. Bowls are provided just turn up to any session with flat shoes.

Contact telephone: 023 9226 7029 **Email:** cowplainactivitycentre@hotmail.co.uk

Tea Dance

Merchistoun Hall, 106 Portsmouth Road, Horndean

Dances held on Thursdays at 2pm, a mixed music programme with our own DJ's and a cup of tea.

For further details please contact us by one of the means below.

Contact telephone: 023 9259 7114 **Email:** hca.admin@btconnect.com

Visit: www.merchistounhall.co.uk

Tea Dance

Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

Dance is held on Monday afternoons from 2pm until 4pm, Ballroom, Sequence and Latin in convivial surroundings and a social atmosphere. A charge applies and booking in advance

Contact Telephone: 023 9225 6823 **Email:** mail@waterloovillecommunity.org.uk

U3A

U3As are self-help, self-managed lifelong learning co-operatives for older people no longer in full time work. U3A provide opportunities for their members to share learning experiences, in a wide range of interest groups and to pursue learning not for qualifications, but for fun. A wide variety of groups run from

- Waterlooville **Visit:** <http://www.waterloovilleu3a.org.uk/>

Waterlooville & District Garden Club

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

We meet every 1st and 3rd Monday of each month (except bank holidays). Activities include Flower Shows, illustrated talks by guest speakers, social events, garden visits and outings. New Members are always welcome.

Contact telephone: 023 9257 0029

Whist

Age Concern Cowplain, London Road, Waterlooville. PO8 8DB

Our friendly group of whist players meet every Tuesday afternoon from 1.30-4pm and new members are always welcome.

Contact telephone: 023 9226 6423

WI-Padnell Park

Westbrook Hall, Tempest Avenue, Waterlooville. PO7 8NU

Group meets every 4th Thursday at 7.30pm with speakers and a range of activities including scrabble and supper club. On the 1st and 3rd Wednesday we go for a walk and a pub lunch and meet on the 2nd Thursday for a social craft evening. New members are always welcome.

Contact telephone: 023 9259 5555

Social Activities Hayling Island

Art Class

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

The art class is held every Tuesday 2pm-4pm.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Blind Club

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

The Blind Club meets fortnightly on a Monday from 2pm-4pm.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Bridge Club

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

The Bridge Club meet on Tuesdays from 10am – 12noon.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Bridge Club

Eastoke Community Centre, Wheatlands Ave, Hayling Island PO11 9SG

A friendly club for people who have a little experience of playing bridge, they meet at 6.45pm on a Friday evening. A small charge applies, and includes refreshment.

Contact telephone: 023 9246 4043

Coffee Mornings

- **Hayling Island Library, Elm Grove Hayling Island, PO11 9EE**
Held on the 1st Tuesday of each month 10.30am-12noon
Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk
- **St Mary's Parish Church Hall, Church Road, Hayling Island (opposite St Mary's church)**
Every Tuesday, 10:45 am Drop-In for tea, coffee and cakes (freshly baked)
Contact telephone: 023 9263 7649
- **St. Andrews Church, Southwood Road, Hayling Island PO11 9QL**
Have a drop in coffee morning on Tuesdays 10- 11.30am – people just turn up and are assured of a welcome and people to chat with.
Contact telephone: 023 9246 1980

Computer Sessions

- **Hayling Island Library, Elm Grove Hayling Island, PO11 9EE**
Courses are available in small groups, there is a charge but concessions are available.
Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk
- **HI Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB**
A range of IT classes are available for further details please contact us via one of the methods below. Advance booking is required and a charge applies
Contact Telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Drawing & Painting

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

Takes place every Wednesday from 9.30-11.30am

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Friendship Clubs

Young at Heart Club - Brendoncare

South Hayling United Reform Church, Hollow Lane, Hayling Island. PO11 9NN

Friendship club meet every other Wednesday 2.15pm – 4.15pm

Contact telephone: 01962 877772 **Email:** clubhampshire@brendoncare.org.uk

Library

Hayling Island Library, Elm Grove, Hayling Island. PO11 9EE

As well as all the latest books the Library offer an exciting range of adult education and learning activities in a relaxed and friendly environment. Find out about computers and improve your IT skills, or take up a new hobby via our leisure courses such as family history, languages and crafts.

Also if you have a visual impairment, audio books are available to reserve and collect.

Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk

Library Club

Elm Grove Hayling Island, PO11 9EE

Once a month the Hayling Island Library Club provides transport for those who find visiting the library difficult, giving people the opportunity to choose their books and enjoy a chat and a cuppa. There is a waiting list, but volunteers are available to deliver books for those who are unable to travel to the library.

Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk

Lunch Clubs

- **Age Concern Hayling Island, Sunnyside Hall, 14 Webb Lane, Hayling Island**
Tuesday & Thursday 9.30 – 2pm with a hot lunch or drop-in for snacks on Monday 9.30am-1pm.
Local transport available
For costs please call the number below.
Contact telephone: 023 9246 4947
- **Friday Lunch Club, Hayling Island Community Centre, Hayling Park, Station Road PO11 0HB**
Friday 10am - 1pm. Local transport available.
For costs please call the number below
Contact telephone: 023 9246 7083
- **St Mary's Parish Church Hall, Church Road, Hayling Island (opposite St Mary's church)**
Every second Sunday of the month a hot lunch is served from 12 noon. For further details, please ring the number below.
Contact telephone: 02392 637 649

Patchwork Group

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

Meet every Tuesday from 10am-4pm

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Scrabble Evening

St. Andrews Church, 29 Selsmore Rd, Hayling Island. PO11 9JZ

We also have a scrabble evening once a month on the first Friday of the month – this is mainly for socialising for those who live on their own – and lifts can be arranged.

Contact telephone: 023 9246 1980

Stitch & Sew Club

Hayling Island Library, Elm Grove Hayling Island, PO11 9EE

Held on the 2nd Wednesday of each month from 2pm – 4pm. The club is free and new members are always welcome.

Contact Telephone: 023 9246 1534 **Email:** clsohay@hants.gov.uk

Short Mat Bowling

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

Takes place every Monday from 1pm-4pm.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

Stroke Club

Hayling Community Centre, Parkview, Hayling Park, Station Road. PO11 0HB

The Stroke Club meet on a Wednesday from 10am -12noon, offering support to people who have suffered strokes and their carers.

Contact telephone: 023 9246 7545 **Email:** enquires@hicca.co.uk

U3A

Hayling Island Community Centre, Hayling Park, Station Road PO11 0HB

Caters for retired people living on Hayling Island, who would like to share their knowledge, skills, and experience, and gain new ones. We hold monthly meetings and have a range of study groups. Meet monthly at Hayling Island Community Centre on the 3rd Thursday of each month 2pm-4pm.

Contact telephone: 023 9246 8990 **Visit:** www.haylingu3a.ork.uk