



Community Innovations Team

Keeping older people independent

Directory of Activities and Services for Older People in the PO9 area of Havant

2010



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 PO9 area. The team includes a social worker, nurses, support worker 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. P09 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:

- Department of Work & Pension surgeries
- Help with filling in forms
- Consultation with a solicitor
- Professional advice by Occupational Therapists from Havant Adult Services Department (Older People) Hampshire County Council
- Specialist clinics for the Deaf & Hard of Hearing and the Visually Impaired from Hampshire County Council Adult Services every month

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 Trading Products, a full range of Age Concern Fact Sheets and a comprehensive range of publications are always 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’

Need to make informed choices about long term care? Planning days are designed to give you the opportunity to receive information and ask questions which will assist you to make those vital decisions. Subjects include: accommodation - contracts etc, costs and how they work, direct payments from Social Services, estate planning and enduring powers of attorney. FREE - with refreshments and lunch. If you would like to find out when the next one will be held, either:

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

Alzheimer’s Society

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

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

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

9 St Georges Walk, Waterlooville PO7 7TU

Wednesday to Friday 10am-1pm drop-in

Civic Offices, Civic Centre Road, Havant PO9 2AX

Friday 10am-1pm drop-in

Telephone Advice Line:

Monday to Thursday 10am-2pm

Contact telephone: 0844 8563407 (call charges 5p per minute).

Deaf and Hard of Hearing Clinic

Information & Resource Centre, 14 Market Parade, Havant. P09 1QF

Free appointments available on **3rd Monday of each month** to offer advice, information and demonstrate useful equipment.

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

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 023 9266 8884

OPAL (Older People's Area Link)

Volunteer lead 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

British Red Cross Equipment

Red Cross Room, the Health Centre, Civic Centre Road, Havant, PO9 2AZ

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

Open: Monday to Friday 09:30 – 12:00 noon and Monday, Wednesday and Friday 2 pm – 4 pm

For further information contact Hampshire Branch:

Contact telephone: 02392 344207

Sight Loss Advice Clinic

Information & Resource Centre, 14 Market Parade Havant P09 1QF

Free appointments to offer advice and demonstrate useful equipment for the visually impaired. On the **1st Wednesday** of each month 1pm – 3pm

Contact telephone: 023 9247 2452 **Email:** smc@havant15.fsnet.co.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 also have set up a Quick Response team who deal with incidents as they arise, visit premises and intervene on behalf of the consumer.

Contact telephone: 01962 833620.

Volunteer Centre

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.thepensionservice.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: 02392 899056

Buy with Confidence

A website and 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 your free copy of the Hampshire Buy with Confidence Directory

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

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

Heating Rebate Scheme

If you are over 60 but do not qualify for a warm front grant (see below). If you either do not have central heating or it is not working you may be able to claim up to £300 for installing or repairing a heating system.

Contact telephone: 0800 316 6012

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 cost is £10 an hour + VAT, this may be reduced to £8 an hour + VAT 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 80462444 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. 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. For those on means tested benefits the cost is £6 (+VAT) per hour. For older people who are not on benefits and subject to availability £12 (+VAT). Open referral.

Contact telephone: 0845 6044643 (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

Call & Go

Call & Go is a bookable bus service for people who live in Havant Borough area 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, 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.

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

Emsworth Good Neighbours contact telephone: 01243 430999

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, a recent passport-sized photograph.

For further details or an application form:

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

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

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. A standard charge call out fee £15.00 per journey and then £1.00 per mile from the ambulance station and return. There is no VAT charge for this service. The service is available all over the county but depends on the availability of our volunteers. Please give as much notice as possible is required, as some volunteers will make themselves available where possible.

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

Shopmobility Scooter Hire

47 Market Parade, Havant PO9 1PY

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

The cost for hire of equipment is as follows:

- £3.00 for hire of equipment (membership fee: £7.50 per year) – based on 2009 prices.

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. Long term hire can also be arranged. For more information please contact:

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

Personal Support

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. 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: 0800n 327 7154 or Email: mail@ageconcernhampshire.org.uk

- **Testway Support**

The monthly rental for the alarm will cost £14.60

there is a one off set up fee starting from £35.00 inclusive of VAT.

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

Laundry Service

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

A private laundrette offering a pick up and delivery service. Laundry is picked up from the persons home and delivered back washed and dried. 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.

Contact telephone: 023 9247 3928

Meals on Wheels

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. A two course meal costs £3.10 (2009 price). Referral is required from a GP, Nurse, Social Worker or Scheme Manager.

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

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 the cost is £7.50 per hour.

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:

Emsworth Centre, 35–37 South Street, Emsworth, PO10 7EG on the **4th Tuesday** of each month from 10am-12noon

Age Concern Borrow Centre, London Road, Cowplain. PO8 8DB on the **1st Tuesday** of each month from 1pm-3pm

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

Contact telephone: 023 9237 6410 **Email:** portsmouth@alzheimers.org.uk

Carers Support Group (Alzheimer's Society Portsmouth & District Branch)

Carer support groups are held in the following two locations:

Age Concern Information and Resource Centre, 14 Market Parade, Havant on the **2nd Wednesday** of each month from 1.30- 3pm.

St. Thomas parish rooms, Bidbury lane, Bedhampton on the **4th Monday** of each month 2pm- 4pm

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

Contact telephone: 023 9237 6410 **Email:** portsmouth@alzheimers.org.uk

Clear Action Planning for Everyone (Carers Together)

It supports older people, carers, people with a disability, and older people with a long or short term health condition, and anyone who feels they need help to formulate a plan, so they are prepared for any emergency.

Contact telephone: 01794 519495 **Email:** admin@carerstgether.org.uk

Emergency Planning 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 842034 or 01264 835246

Relate relationship support for carers

A service for those who find regular caring for someone has changed their relationship with their partner in a way that makes them question their future together. Supporting people 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 Leisure Centre

Civic Centre Road, Havant, Hampshire, PO9 2AY

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

Bowls Clubs in Havant

- Cowplain Bowls club – Contact Pam Lambshead – 07736737191
- 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 – 0239 249 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 5536 Sue Kell 07833122559 Elisa Edwards 07826528554

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

Keep Fit

- **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 07711769349
- **Emsworth Community Association - The Centre Church Path, Emsworth PO10 7DP**
Thursdays (term-time) from 10.00am - 12noon
Contact telephone: 01243 374116
- **St Albans Church hall, Bartons 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

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

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

Social Activities (General)

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

Art

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

Group meets on Wednesday mornings between 10 am – 12.30 pm

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

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 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.
- **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-12 o'clock.
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 10 -12 noon in the members lounge, new visitors welcome.

Friendship Clubs

Brendon Care

Pastoral Centre, Methodist Church, Petersfield Road, Havant PO9 2HU

A club for older people is held every Tuesday afternoon from 2pm – 4pm and includes quizzes, speakers, entertainment and outings. Free transport can normally be provided if needed and new members are welcome.

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

Emsworth - Recycled Teenagers

SYRCH Centre, Lutman Street, Spencer's Field, Emsworth, PO10 7XQ

Held on Monday's from 2pm-4pm. Free transport can normally be provided if needed and new members are welcome.

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

Emsworth - Silent World & Friends

SYRCH Centre, Lutman Street, Spencer's Field, Emsworth, PO10 7XQ

Alternate Wednesdays, 2pm-4pm. Free transport can normally be provided if needed and new members are welcome.

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

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 clubs aim is to have trips out on fully accessible transport, so they save towards regular trips. The day costs £3.10 for lunch, and £3 for transport.

Contact telephone: 01243 373061 / 01243 373408

Leigh Park Senior Citizens Club

Leigh Park Community Centre Dunsbury Way, Leigh Park

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

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

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

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

Held on Thursday afternoons 1.30-3.30 pm 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)

Havant 50+ Forum

Meet regularly at Havant Borough Council, Civic Offices. 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

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.

Both Havant and Leigh Park 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 & Knatter, 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)

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

Lunch Clubs

- **The Acorn Centre, Eagle Avenue, The Kestrels Wecock Farm**
Monday 11.45am-2.30pm Cost £3 + 50p for bingo or entertainment
Taxi available £1.80 return
Contact telephone: 023 9225 8423
- **Age Concern Bedhampton, Fraser Road Bedhampton**
Tuesday, Wednesday & Thursday Cost £3
Transport available £4
Contact telephone: 023 9248 4098
- **Age Concern Cowplain, London Road, Cowplain**
Tuesday Thursday Friday 10am-1pm £3.20
Local transport available in Waterloooville area £3
Contact telephone: 023 9226 6423
- **Age Concern Hayling Island, Sunnyside Hall, 14 Webb Lane, Hayling Island**
Tuesday & Thursday and a drop-in for snacks on Monday 10am-1pm Cost: £3
Local transport available £1
Contact telephone: 023 9246 4947
- **Emsworth Centre, South Street, Emsworth**
Monday to Friday 10am–1pm Cost £3.10
No transport
Contact telephone: 01243 373061
- **Friday Lunch Club, Hayling Island Community Centre, Hayling Park, Station Road**
Friday 10am-1pm Cost £3.50
Transport available for residents on South Hayling 50p
Contact telephone: 023 9246 7083
- **Jubilee Club, Jubilee Centre, Mill Road, Waterloooville**
Tuesday & Friday 10am-1pm Cost £3.10
Transport available £2
Contact telephone: 023 9225 8841
- **Leigh Park Lunch Club, Leigh Park Community Centre, Dunsbury Way, Leigh Park**
2nd, 4th & 5th Thursday Every Friday 11.30-1pm Cost £3
Transport in Warren Park, Leigh Park & West Leigh £2
Contact telephone: 023 9245 0062
- **Rkadia, Knighton Corner, Portsmouth Road, Horndean**
Thursday Cost £2.50
No transport available
Contact telephone: 0800 4220570

- **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
- **Springwood Community Centre, Springwood Ave, Waterlooville**
Friday Cost £3.50
No transport available
Contact telephone: 023 9223 0339

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
- **Emsworth Community Centre, Church Path, Emsworth PO10 7DP**
Held on Thursday afternoons 2pm-4pm, Basic dance instruction given, admission £2.
Contact telephone: 01243 374627.
- **Leigh Park Community Centre Dunsbury Way, Leigh Park**
Held on the 2nd & 4th Thursday of each month 2pm-4pm
Contact telephone: 023 9248 4071

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.

- Emsworth
Email: membership@emsworthu3a.org.uk **Visit:** <http://emsworthu3a.org.uk/>
- Waterlooville
Visit: <http://www.waterloovilleu3a.org.uk/>

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

Health Related Clubs

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

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 92619856

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

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 of £1 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