

RAIN Community Information

03 Community Groups and Organisation

A to B Mobility	Mr T Carley Unit 31 Abbey Enterprise Centre Abbey Park Industrial Estate Premier Way Romsey Hampshire SO51 9DF	01794 522555 atobmobility@btconnect.com www.atobmobility.com Suppliers of all Mobility aids from Electric Scooters, Chairs, Stair Lifts to Walking Sticks.
Accessible Boating Association	Mr P Bridle 52 Kings Road Fleet Hampshire GU51 3AQ	01252 622520 accessibleboating@amservice.net www.accessibleboating.org.uk For disabled people and their carers, wheelchair accessible boats.
Age Concern Andover and District	Mr R Brignell Town Mills House 20b Bridge Street Andover Hampshire SP10 1BL	01264 354425 acadover@hotmail.com Older people and their families - covers Northern Test Valley. Information, form filling, befriending and advocacy.
Age Concern Hampshire	Mr C Perry 1 St Cross Road Winchester Hampshire SO23 9JA	01962 868545 Covers Hampshire. Offering gardening help.
Age Concern Romsey and District	Mr Buxton 24 Linden Road Romsey Hampshire SO51 8DB	01794 518817 Activities, information. Hall available for hire. Mrs Parsons- Service Development Officer. Mrs Audoire - Admin Secretary.
Alzheimer's Society	Mrs L Taylor Glen Lee Wavell Road Bitterne Southampton Hampshire SO18 4SB	023 8047 4657 Dementia Support.
Alzheimer's Society - Southampton Branch	Ms L Taylor Glenn Lee Wavell Road Southampton Hampshire SO18 4SB	023 8047 1234 www.alzheimers.co.uk

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Amnesty International	Ms J Moody 43 Avon Crescent Romsey Hampshire SO51 5PX	01794 517589 janmoody@tesco.net www.amnesty.org.uk Working and Campaigning for human rights. Amnesty International UK Head Office - 0207 033 1500.
Andover Neighbourcare	14 Union Street Andover Hampshire SP10 1PA	01264 339899 Other number 01264 404142
Animal Concern	Ms Z Rand Hampshire	023 8086 4278 Do not rescue animals. Mainly campaign for better animal conditions peacefully.
ASH		www.ash.org.uk An active campaigning public health charity working to eliminate the harm caused by tobacco.
Ataxia Group Great Britain and Ireland	Mr R Slegg Flat 29 Alexandra House Enham Alamein Andover Hampshire SP11 6NQ	01264 351062 hippo@sleggy.freeseve.co.uk Fewer than 3000 country wide. Head Office (London) Tel: 020 7582 1444
Awards for All	3rd Floor Dominion House Woodbridge Road Guildford Surrey GU1 4BN	0845 60 20 40 www.awardsforall.org.uk Textphone 0845 755 66 56 Alternative contact details: Big Lottery Fund Apex House 3 Embassy Drive Calthorpe Road Edgbaston, Birmingham B15 1TR Telephone: 0121 345 7700 Minicom: 0121 345 7666 Fax: 0121 345 8888

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Bereavement Support	Mrs M Cudmore c/o Community Office Romsey School Greatbridge Romsey Hampshire SO51 8ZB	01794 513018 Group and individual support.
Big Lottery Fund	South East Region 3rd Floor Dominion House Woodbridge Road Guildford Surrey GU1 4BN	01483 462900 enquiries.se@biglotteryfund.org.uk www.biglotteryfund.org.uk For funding information or general enquiries please call the BIG advice line on 0845 4 10 20 30. Textphone: 01483 568764.
Blind Association	25 Church Road Eastleigh Hampshire	023 8064 1244
Blue Cross	Goosegreen Kennels Bubb Lane West End Southampton Hampshire	023 8069 2894 No Vet Service. Open Mon - Sat Closed Thursday.
Bridge and Co	226-228 Burgess Road Southampton Hampshire	023 8067 8258 Medical & Surgical shop. Hire of wheelchairs.
British Limbless Ex Servicemen's Assoc	Mr S A Coltman OBE 86 East Avenue Bournemouth B44 7DD	023 8069 2587 Support group. Meet 4th Monday of every month
British Red Cross - North Baddesley Fund Raising Shop	Back of Village Hall North Baddesley Hampshire	023 8073 5089 Opening Times: Mon, Tues, Thurs, Fri 2.00 - 4.00 pm Tue evening 7.00 - 9.00pm Every 3rd Saturday in month except December 10.00- 3.00 Also see Medical Loan Outlets.
British Red Cross - Romsey Shop	18 The Hundred Romsey Hampshire SO51 8BW	01794 518031

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British Red Cross Centre, Romsey	Mrs K Astbury 10 Great Well Drive Romsey Hampshire SO51 7QN	01794 513202
Buy With Confidence Scheme	HCC Property, Business and Regulatory Services Mottisfont Court High Street Winchester Hampshire SO23 8ZE	01962 869765 rsadvice@hants.gov.uk www.buywithconfidence.info Buy With Confidence scheme is ran by HCC Trading Standards Service to help establish and maintain high standards of trading by businesses and tradesmen in Hampshire. Being a member means that the business is committed to providing a quality service to customers. All members are independently vetted by staff from Trading Standards Service and are required to comply with both the letter and the spirit of the law.
C.I.S.'ters - Childhood Incest Survivors Network	PO Box 119 Eastleigh Hampshire SO50 9ZF	023 8033 8080 Offering mutual support for adult females survivors of incest. Meetings held on a Friday evening twice a month in Southampton. For more information call between 10.00 - 12.00pm on Saturdays or leave a message.
Cameo at Romsey	Mrs. J Manchee	01794 512656 Organisation for ladies, - fundraising, social activities and outings. Meet every third Tuesday in the month at 10.00 at Crossfield Hall.
Cancer Research UK	Mrs G Green	01794 518313 Local Contact.
Cancer Research UK - Romsey & District	Community Fundraising Office Unit 7400 Oxford Business Park North Oxford Oxfordshire OX4 2JZ	01403 216460 Regional Office.

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Carers Cafe - Romsey	Mrs M Lanigan 9 Love Lane Romsey Hampshire SO51 8DE	01794 515126 admin@romseycarers.org.uk 1st and 3rd Friday of each month. For more information, please ring the above number, or contact on the email address. The Carers Cafe is held at: Woodley Village Hall School Road Romsey.
Carers Centre - Andover	Mrs Wincott Andovers Carers Centre Andover War Memorial Hospital Andover Hampshire SP10 3LB	01264 835246 andover@hantscarers.com www.carecentre.com Part of the Princess Royal Trust for Carers.
Carers Support Officer Mental Health - CMHT Romsey	Mrs J Neligan Romsey Community Mental Health Team 5 Horsefair Mews The Horsefair Romsey Hampshire SO51 8JG	01794 830323 Support for carers of people with mental health problems.
Carers Together in Hampshire	Mrs J Chierchia 9 Love Lane Romsey Hampshire SO51 8DE	01794 519495 admin@carerstogether.org.uk Providing support, information and advocacy to carers throughout Hampshire
Carers Together Southampton	Mrs Stratton Unity 12 9 - 19 Rose Road Southampton Hampshire SO14 6TE	023 8020 2623 admin@carers-southampton.org.uk Providing support and information to carers in Southampton
Carers Together Southern Test Valley	Mrs M Lanigan 9 Love Lane Romsey Hampshire SO51 8DE	01794 515126 Also known as Romsey and District Carers Forum.
Choices Advocacy	Mr C Hodgson Croxley House 63 Millbrook Road East Southampton Hampshire SO15 1HN	023 8033 7735 admin@choices-advocacy.org.uk Advocacy for vulnerable people with a learning disability.

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Citizens Advice Bureau - Outreach Project	Miss. A Moon Andover CAB Ground Floor Wessex Chambers South Street Andover Hampshire SP10 2BN	01264 354545 ange@moon52.fsnet.co.uk Other telephone number - 01264 323416.
Citizens Advice Bureau - Winchester	68 St George's Street Winchester Hampshire SO23 8AH	01962 848042
Citizens Advice Bureau (CAB) Romsey & District	Mr M Dillon 5 Abbey Walk Church Street Romsey Hampshire SO51 8JQ	01794 516378 Information and advice - particularly financial.
Civil Service Retirement Fellowship	Mr K Wimble Chairman/Secretary Southampton & District Branch 3 Sedgefield Close Totton Hampshire SO40 8GP	023 8086 3605 wimblehoppy@aol.com
Civil Service Retirement Fellowship (Romsey)	Mrs J Cheer 21 Horseshoe Drive Romsey Hampshire SO51 7TP	01794 511071 johncheer@aol.com
Club Hampshire	Mr E Ingleton Unit 1 Easton Lane Business Park Winchester Hampshire SO23 7RQ	01962 877772 admin@clubhampshire.org.uk www.clubhampshire.org.uk The programme of activities provided by each club will reflect the interests and needs of older and disabled people.
Club Hampshire - Romsey Companion Club	Mrs N Rose 8 Woodley Close Romsey Hampshire SO51 7PD	01794 501566 Meet alternate Mondays.
Club Hampshire Tuesday Lunch Club	Mr E Ingleton Age Concern Hall Linden Road Romsey Hampshire SO51 8DB	01962 877772

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Community Action Hampshire	Beaconsfield House Andover Road Winchester Hampshire SO22 6AT	01962 854971 County Wide Voluntary organisation.
Community First, New Forest	Public Offices 65 Christchurch Road Ringwood Hampshire BH24 1DH	01425 482773 info@cfnf.org.uk www.cfnf.org.uk admin@cfnf.org.uk
Conservative Association - Romsey	Mr A Briggs Second Floor 13 Market Place Romsey Hampshire SO51 8NA	01794 512132 romseyconservatives.co.uk
Credit Union, Romsey Branch	Mr M Buster Abbey United Reform Church Rooms Romsey Hampshire	01794 523187
Diabetes Aware	Mrs A Meader Woodley Village Hall School Road Romsey	01794 515786 support@diabetesaware.org.uk www.diabetesaware.org.uk Alternate contact: Gill 023 8074 0106. Friendly group of people with diabetes who meet to share experiences, recipes, concerns, information, advice and support.
Direct Payments Support Worker	Carers Together 9 Love Lane Romsey Hampshire SO51 8DE	01794 519495 admin@carerstogether.org.uk
Drugs Advisory Service - Romsey, Winchester & Andover Partnership	Spencer House 63 Romsey Road Winchester Hampshire	01962 825071
Drugs Advisory Service - Southampton & Southern Parishes Hampshire Partnership	New Road Centre 2 The Corronades New Road Southampton Hampshire SO14 0AA	023 8071 7171

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Evolve	Hampshire County Council The Castle Winchester Hampshire SO23 8US	01962 874513 www.e.volve.org.uk An interactive website for Community and Voluntary sector organisations serving Hampshire and the Isle of Wight. Freephone : 0800 028 0888. Textline: 0808 100 2484.
Expert Patients Programme	Ms B Newman Oakhill House 2 Romsey Road Shirley Hampshire SO16 4BZ	023 8077 7608 beverley.newman@scpct.nhs.uk www.expertpatients.nhs.uk For anyone with a long term health problem.
Fire and Rescue Service - Hampshire/Community Fire Safety	Community Fire Safety Leigh Road Eastleigh Hampshire SO50 9SJ	023 8064 4000 community.firesafety@hantsfire.gov.uk www.hantsfire.gov.uk
Fixit Scheme	TVBC Duttons Road Romsey Hampshire SO51 8XG	01794 518608
Forest Bus (New Forest & Romsey Mobile Community Project)	Ms. J Peacock Forest Bus House Marchwood Ind. Estate Normandy Way Marchwood Hampshire SO40 4PB	023 8066 3866 info@forestbus.co.uk www.forestbus.co.uk Mobile Community Project. Youth work, after school, parent and toddlers, under 5s play groups. Coach offered for promotional work to organisations.
Friends of Nightingale Lodge	Dr J Wattie	01794 322534 Supports older people in Nightingale Lodge.
Gallagers Mobility Shop	Independence Building Belgrave Road Portswood Southampton Hampshire SO17 3ES	023 8055 7777

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Guide Dogs for the Blind	Mr S Read 28 Rusland Close South Millers Dale Chandler's Ford Eastleigh Hampshire SO53 1SD	023 8057 5816 steve@stevereed.wanadoo.co.uk Fundraising group. Information on various aspects of visual impairment and guide dogs.
Hampshire Assoc. Care of the Blind (Hampshire)	25 Church Street Bishopstoke Eastleigh Hampshire SO50 6BL	023 8064 1244 info@hacb.org.uk Also known as HACB. Support and information for people who have hearing problems.
Hampshire Association for the Care of the Blind (Romsey)	J Stannard Secretary	01794 513936 info@hacb.org.uk HACB (Romsey Branch) County Office - 02380 641244. Ms Ruth Wilkins - Chairman.
Hampshire Autistic Society	Mrs C Hiorns Outreach Officer Hope Lodge School 27 Midanbury Lane Bitterne Park Southampton Hampshire SO18 44P	023 8063 3951 Headoffice: 01489 880881 1634 Parkway Solent Business Park Whiteley Fareham Hampshire PO15 7AH
Hampshire Deaf Association	Chief Executive 1 and 2 Carlton Commerce Centre Dukes Road Southampton Hampshire SO14 0SQ	023 8051 6516 enquiries@deafhampshire.org.uk www.deafhampshire.org.uk Emotional and social support for isolated deaf people. Text number 02380 516518.

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Hampshire Deaf Project	Hampshire Deaf Association 1 & 2 Carlton Commerce Centre Dukes Road Southampton Hampshire SO14 0SQ	023 8051 6516 enquiries@deafhampshire.org www.deafhampshire.org Minicom: 023 8051 6518 Project funded by Cominc Relief working with South Asian deaf and hard of hearing people in Hampshire. To provide information about local services and working with local services for improvement. Organise activities and events such as Family Fun Days, Sports Events and Mothers and Children Activities. Also offers one to one support as well as visiting families and community groups.
Hampshire Dyslexia Association	The Administrator 135 St Mary's Street Southampton Hampshire	023 8033 3345
Hampshire Federation Womens Institute	Ms Cooper County & Company Secretary WI House 56 Hyde Abbey Road Winchester Hampshire SO23 7DB	01962 852721 secretary@hampshirewi.org.uk www.hampshirewi.org.uk For details of all WI groups in this area.
Hampshire Highways	Hampshire Highways Unit West Area Office Jacobs Gutter Lane Totton Hampshire	023 8066 3388 www.hantsweb.uk
Hampshire Interpreting Service	1 and 2 Carlton Commerce Centre Dukes Road Southampton Hampshire SO14 0SQ	023 8051 6500 enquiries@deafhampshire.org.uk www.deafhampshire.org.uk Text phone 023 8051 6502.
Hampton Trust - Hants & Isle of Wight	Fairways House Alpha Business Park Mount Pleasant Road Southampton Hampshire SO14 0QB	023 8021 3520 info@hamptontrust.org.uk www.hamptontrust.org.uk Develop & manage innovative projects focused on reducing crime in partnership with others.

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Headway Southampton	Mr Coton 120 Commercial Road Totton Totton Hampshire PO3 6EP	023 8086 2948 http://www.headway-southampton.org.uk Support for people with head injuries and their families. Country Wide Service.
Hearing Concern Romsey	Mrs A Perrett Auburn Lodge Crampmoor Lane Romsey Hampshire SO51 9AJ	ann@circularsound.co.uk www.circularsound.co.uk Secretary Support, information, advice and awareness of deaf issues. Text Direct 18002 01794 511812.
Help the Aged Shop	Mrs SJ Finch 2 Victoria Place Love Lane Romsey Hampshire SO51 8DE	01794 511503 Shop
Heritage and Visitor Centre (Romsey)	Mrs J West 13 Church Street Romsey Hampshire SO51 8BT	01794 512200
Huntingdon's Disease Association	Mr H Marriott 13 Station Street Lymington Hampshire SO41 3BA	01590 677766 hugh.marriott@btinternet.com
Hyde Housing Association, Housing Support Worker	Test Valley Floating Support Jordon House 66 Millbrook Road East Freemantle Southampton Hampshire SO15 1LQ	Hyde Housing Association Hampshire Regional Office 63 St Mary Street St Mary's Southampton Hampshire SO14 1NU Telephone: (Residents' enquiries) 0845 601 3206 Telephone: (Business enquiries) 023 8083 6800 Minicom: 023 8083 7821

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Independent Age	6 Avonmore Road London W14 8RL	020 7605 4200 www.independantage.org.uk The Royal United Kingdom Beneficent Association helps older people on very low incomes remain independent in their own homes for as long as possible
Independent Age	Mrs J O'Kelly 45 Bishops Way Andover Hampshire SP10 3EH	01264 363487
Itchen Valley Probus Club	Mr Johnson	023 8026 7965 Meets at The Abbey Hotel, Church Street, Romsey
Keep Able	6 New Canal Salisbury Wiltshire SP1 2AQ	01722 331888 www.keepable.co.uk Disability & Mobility retailer Aids to help mobility.
Keep Warm, Keep Well	Environment Centre 14 - 15 Brunswick Place Southampton Hampshire SO15 2AQ	023 8033 6172 tom.galpin@environmentcentre.com
King John's House & Tudor Cottage Trust	Mrs A James King John's House Church Street Romsey Hampshire SO51 8BT	01794 512200 www.kingjohnshouse.org.uk
Kings Somborne Voluntary Care Group	(see Somborne) Hampshire	
Labour Party - Romsey	Ms Nixon	01794 501896 www.romseylabour.org.uk

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Ladder4learning	Unit 2 Challemead Business Park Bradford Road Melksham Wiltshire SN12 8BU	01225 792505 info@ladder4learning.co.uk www.ladder4learning.org.uk Free information/ideas - training and development. Enquiries - enquiries@ladder4learning.org.uk Acting Project Manager - Amanda Bowers 02380 458659.
Learning Links (Southern) Ltd	Ms A De Bathe First Floor 2A The Hard Portsmouth Hampshire PO1 3PU	02392 296460 adb@learninglinks.co.uk www.learninglinks.co.uk lw@learninglinks.co.uk
Liberal Democrats Constituency Office, Romsey	Ms S. Lamb 3a, Victoria Place Love Lane Romsey Hampshire SO51 8DE	01794 511900 gidleys@parliament.uk www.sandragidley.org
Lordshill Carers Group	Mrs M Hall Western Community Hospital Oakwood Centre William McCloud Millbrook Hampshire SO16 4XE	023 8029 6970 See also Carers Support (Hampshire Partnership NHS Trust).
Lower Test Valley Archaeological Study Group	Miss P Merrick 19 The Thickett Romsey Hampshire SO51 5SZ	01794 513751 phoebe.merrick2@ntlworld.com Meets in Romsey Town Hall Monday 10.00 - 12.00 (not BH) Tuesday 7.30 - 9.30 pm (Two workshops each week).
Meals on Wheels	Mrs Hall c/o WRVS Nightingale Lodge Great Well Drive Romsey Hampshire SO51 7QN	01794 515655 Supplies hot and frozen meals to people in their own homes 3 days a week. Meals on wheels recipient might be: Older people, frail or infirm. Have a physical disability, have sensory problems i.e. poor eyesight. Suffering from long term illness, recuperating from an operation or injury.

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Medical Loan Outlet (North Baddesley)	Red Cross Room The Health Centre Fleming Avenue North Baddesley Hampshire SO52 9NP	023 8073 4523 Mon - Fri 10.00am - Noon. Also see British Red Cross.
Medical Loan Outlet (Romsey)	The Red Cross Centre 10 Great Well Drive Romsey Hampshire SO51 8QN	01794 513202 Mon - Fri 10.00am - 12.30pm Also see British Red Cross.
Medical Loan Outlet (Totton)	Red Cross Room The Health Centre Testwood Lane Totton Hampshire SO40 3AP	023 8086 9223 Mon - Fri 10.00am - Noon. Also see British Red Cross.
Medical Loan Outlet (Wellow)	The Briars Canada Row West Wellow Romsey Hampshire	Also see British Red Cross.
MENCAP - Eastleigh Borough and Romsey Mencap Society	Mrs M Bonnel 56 Oaktree Road Bitterne Park Southampton Hampshire SO18 1PH	023 8048 3471 ebr.mencap@ntlworld.com Provides information, support and services for children, adults, families, carers of those with Learning Difficulties. Older family carers worker.
MENCAP Homes Foundation	Mr C Lawler 75 Greatbridge Road Romsey Hampshire SO51 8FE	01794 524155 Sheltered accommodation
MIND Romsey & District	Mr P Newell 53 Horns Drove Rownhams Southampton Hampshire SO16 8AG	023 8073 3900 petedebby@tiscali.co.uk

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Motor Neurone Disease Association	Mrs R Rocket Bedford House, Amoy Street Southampton Hampshire SO15 2DR	023 8089 1842 The Southampton Branch holds regular open meetings on the second Tuesday of every month, from 7.30pm-9.30pm. Coffee mornings, for people with MND and carers, are held approximately every six weeks. Branches and Groups strive to provide the best possible support to local people with MND, their families and carers.
Mountbatten Community Programme	Mr T McGovern Community Manager Community Office Mountbatten School Whitenap Lane Romsey Hampshire SO51 5SY	01794 523037 community@mountbatten.hants.sch.uk www.mountbattencommunity.co.uk Adult education and training. Day & Evening courses. Clubs, facility hire - sports hall, gym, pitches, clubroom, large lounge, art, music and drama rooms. Small theatre and recording studio. Junior activities and holiday club.
Muscular Dystrophy Campaign	Mrs R Hiscocks 64 Northlands Road Romsey Hampshire SO51 5SD	01794 512563 ruby.hiscocks@btinternet.com
Muscular Dystrophy Group (Romsey)	Mrs S Reid 5 Nursery Gardens Romsey Hampshire SO51 5UU	01794 512485 www.sonnet.co.uk/muscular-dystrophy/ Raises funds for research into muscular dystrophy.
Neighbourcare Group - Somborne Neighbour Care	Ms S Jackson Butchers End Winchester Road Kings Somborne Hampshire SO20 6NZ	01794 388884

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Neighbourcare - Voluntary Care Groups

Voluntary Care Groups are independent and offer neighbourly help to people of any age, if they have no friend or relative nearby to support them. Recruits volunteers from within the local community and establishes its own priorities and activities. types of offer can range from Shopping, Visiting, Befriending, Lunch Clubs, Sitting, Collecting Pecriptions, Driving, Walking the Dog, Minor repairs etc...

Neighbourcare Group - Baddesley Friends

Mr K Henser
North Baddesley
Health Centre
Norton Welch Avenue
North Baddesley
Hampshire

023 8073 0212

Transport, light housework, jobs for those in need. (Short term only).

Chairman: Ann Williams 023 8073 5248
Secretary: Rachel Shimell.

Neighbourcare Group - East Dean Voluntary Care Group

(see The Tytherleys)

Neighbourcare Group - East Tytherley Voluntary Care Group

(see The Tytherleys)

Neighbourcare Group - Little Somborne Voluntary Care Group

(see Somborne)

Neighbourcare Group - Village Care Group (The Tytherleys, East Dean & Lockerley)

Mrs J Guy
64 Red Lane
West Tytherley
Salisbury
Wiltshire SP5 1NY

01794 340946

jguy@btinternet.com

Transport and other help.

Neighbourcare Group - West Tytherley Voluntary Care Group

(see The Thorngate Village Care Group)

Hampshire

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Neighbourcare Group -Hampshire Voluntary Care Groups Advisory Service	Mrs Patterson First Floor Peninsular House Wharf Road Portsmouth Hampshire SO23 9LSPO2 8HB	01962 624771 Neighbourcare and Good Neighbours Main Purposes: (a) Support of existing Care Groups & development of new groups. (b) Intensive support of newly formed Groups & the development of appropriate training programmes. (c) Identification & response to field work issues & liason with other providing agencies.
North Baddesley Friendship Circle	Beryl Secretary	023 8073 3343 Una, 023 8073 0045 Meetings are held in North Baddesley Village Hall on the second Thursday of each month at 2.00pm. Independent club for social activities - open to all.
North Baddesley Lunch Club	Mrs M Lanigan 218 Ringwood Drive North Baddesley Hampshire SO52 9HP	023 8041 0627 Older People.
North Baddesley Over 60's Club	Mrs F Westmore 12 Six Oaks Road North Baddesley Hampshire SO52 9JA	023 8073 0031 Older People.
Nursling & Rownhams Friendship Club	Mrs D Gover Flat 1 Broadmead Flats Nursling Street Nursling Southampton Hampshire	023 8073 8756
Nursling & Rownhams Retired Men's Fellowship	Mr B R Williams Secretary 17 Hollywood Close North Baddesley Hampshire SO52 9HA	023 8041 1288 barrie.williams1@ntlworld.com Older People

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One Community	Mrs W Walsh ECS House 16 Romsey Road Eastleigh Hampshire SO50 9AL	023 8090 2400 Also Angela Poole Carers Centre Assistant 023 8090 2421. Part of ECS - Romsey outreach 01794 511234.
Oxfam Shop (Romsey)	Shop Manager 12 The Hundred Romsey Hampshire SO51 8BW	01794 516981
PACS United - People who Access Services	Mrs Lang Project Manager 9 Love Lane Romsey Hampshire SO51 8DE	01794 521622 linda@pacsunited.org.uk Group of Service Users and Carers working with students studying social work. Members attend University lectures and other activities to provide training of first hand experiences of what it is like to be a carer or a service user. New members with any experience of Social Services are welcome.
Parkinsons Disease Society - Hampshire & IOW	Ms C Bartlet Jumble Cottage 59 High Street Brading Isle of White Hampshire PO36 0DG	01983 404946 www.parkinsons.org.uk National Helpline - 0808 800 0303
Parkinsons Disease Society - National	215 Vauxhall Bridge Road London SW1V 1EJ	020 7931 8080 enquiries@parkinsons.org.uk www.parkinsons.org.uk
Patient Participation Group - Nightingale Surgery	Mrs. J. Pushman 20 Pine Road Romsey Hampshire SO51 5SG	01794 515349 Supports the practice in it's aim to improve overall patient care by enhancing communication between patients and staff and promoting health education and awareness. Nightingale Surgery Telephone No: 01794 517878
PDSA - People's Dispensary for Sick Animals	Mount Pleasant Road Northam Southampton Hampshire SO14 OEG	023 8022 2622

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Quit 4 Life		0845 602 4663 quit4life@nhs.net quit4life@nhs.net Free NHS stop smoking service that offers support in your local area. For further information visit quit4life@nhs.net or text QUIT to 60123
RADISH - Romsey and District Information and Support at Home	Carers Forum 9 Love Lane Romsey Hampshire SO51 8DE	0845 838 5926 support@radishes.org.uk Group of volunteers that help support disabled, carers and older people by helping out with tasks in and around the home. Also offers information or support, befriending and companionship.
RAF Association Romsey	Mr R Cordall	01794 523124
REMAP	Mr I Cole	023 8084 8752 ianthediana@aol.com Technical Equipment for Disabled People.
Restoraid	Mr W Britton 8/9 Falkland Court Chandlers Ford Hampshire	023 8027 3038 www.restoraid.co.uk Disability and Mobility Aids.
Rethink	Ms L Feltham Bedford House Amoy Street Southampton Hampshire SO15 2DR	023 8023 7733 www.rethink.org
Roast Out	61 Cumbrian Way Southampton Hampshire SO16 4AT	023 8032 6664 Hot meals for the elderly delivered to your own home.
Rock Solid - North Baddesley	Mr J Bird 7 Brownhill Road North Baddesley Southampton Hampshire SO52 9EY	023 8041 0792 sixbirds@ntlworld.com

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Rodent Officer	Test Valley Borough Council	01794 527700 www.tvbc.gov.uk
Romsey and District Chamber of Commerce and Industry	Mrs A Taylor 18 Market Place Romsey Hampshire SO51 8NA	01794 513135 romseycoc@tiscali.co.uk Serves the needs of the business community in promoting Romsey's trade and viability as a trading centre. Provides information on all aspects of business for members. Affiliate Members of the Southampton and Fareham Chamber of Commerce.
Romsey and District Society	Mr P Warner Birchwood House Cadnam Hampshire SO40 2NR	023 8081 3400 philipwarner@aol.com www.romsnet.org.uk
Romsey and Waterside Visually Impaired Group (RAWVIG)	Mrs D Dawkins Romsey Hampshire	01794 518969 Mrs Diane Dawkins - Secretary. Mr John Merrey Treasurer 01794 323348.
Romsey Bridge Club	Mr D Benyon Romsey Hampshire	023 8073 5062 Meet every Thursday from 7.00pm - 10.00pm for social bridge at Age Concern, Linden Road, Romsey
Romsey Carnival Committee	Mrs J Fry 46 Mountbatten Avenue Romsey Hampshire SO51 8DZ	01794 502237 Arranges summer and winter carnival.
Romsey Disability Forum	Mrs J Hoskins 16 Montfort Road Romsey Hampshire SO51 5SN	01794 501543 The Romsey Disability Forum is a self-help group of people with physical and sensory disabilities that meets monthly to socialise. It also helps combat isolation by encouraging its members to join in theatre visits, outings and many other activities to help maintain their mobility e.g. swimming, gentle aerobics, keep fit, sailing, water skiing. We have our own custom built minibus with tail lift which enables us to be flexible in when and where we go. Contact Janet Hoskins on 01794 501543 for more information or to join.

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Romsey Gateway Club	Mr E Bellworthy 37 Five Elms Drive Romsey Hampshire SO51 8RN	01794 516941 Meets Appletree Centre Princes Road Romsey.
Romsey Good Neighbours	Mrs Dawkins	01794 518969 Alternative contacts: Mrs Barbara Harper 01794 522803 Miss Shirley Horne 01794 518592
Romsey Green Badge Guides	Ms A Beggs 13 Church Street Romsey Hampshire	01794 524028
Romsey Ladies Circle		01535 607617 hq@ladies-circle.org.uk www.ladies-circle.org.uk National Association of Ladies Circle HQ. Membership hotline: 0808 100 9876.
Romsey Lions Club	Mr P Smith Welfare Chairman 64 Bassett Green Close Bassett Southampton Hants	023 8076 9291 See also Message in a Bottle, Section 9.
Romsey Open Gate Stroke Club	Mrs B Pearce 3 James Court Tadburn Road Romsey Hampshire SO51 5BL	01794 512462
Romsey Rotary	Mr R M Robson c/o British Legion Love Lane Romsey Hampshire SO51 8DE	01794 512345 pucknallodge@hotmail.com
Romsey Rotary Test	Mr M Radford Secretary c/o Abbey Hotel Church Street Romsey Hampshire SO51 8BT	info@rotary1110.org.uk www.rotaryclubofromseytest.org Please mark correspondence clearly FAO The Secretary.

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Romsey Round Table	Mr R Clark Secretary c/o Abbey Hotel Church Street Romsey Hampshire SO51 8BT	Secretary@romseyroundtable.co.uk www.romseyroundtable.co.uk Chairman: Mr Alan Thompson. Chairman@romseyroundtable.co.uk
Romsey Talking Newspaper	Mrs C Pashby - Taylor 5 Briar Wood Liss Forest Petersfield Hampshire GU33 7RB	01730 890406
Romsey Tangent Club	Mrs C Burgess 8 The Ridings Highwood Lane Romsey Hampshire SO51 9AF	01794 501558
Romsey Test Inner Wheel Club	Mrs B Jones c/o Abbey Hotel Church Street Romsey Hampshire SO51 8BT	01794 341235 Meets first Monday in the month.
Romsey Trefoil Guild - Guides	Mrs H Howes 14 Bridge Road Romsey Hampshire SO51 8JD	01794 501396 Meets every 2nd Wednesday of the month.
Royal British Legion Houghton and District	Mr J Gale 2 Hill Farm Cottages Sutton Scotney Winchester Hampshire SO21 3NT	01962 760225
Royal British Legion Romsey	Mr S Swain Love Lane Romsey Hampshire SO51 8DE	01794 512572
Royal British Legion Wellow and District	Mr J Ede Chairman 10 Bridge Cottages Romsey Road West Wellow Hampshire SO51 6EB	01794 323467 Meets Wellow Village Hall.
Royal British Legion Womens' Section (Chandlers Ford)	Mrs M Marten 27 Common Road Chandlers Ford Hampshire SO53 1HU	023 8026 8205

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Royal British Legion Womens' Section (Romsey)	Royal British Legion Love Lane Romsey Hampshire SO51 8DE	
Royal British Legion Womens' Section (Stockbridge)	Mrs Warren	01264 810522
Royal Hampshire Regiment Comrades Ass - Southampton, Eastleigh, New Forest	Mr J Evans Secretary/Treasurer St Denys Conservative Club St Denys Road Southampton Hampshire	023 8063 5667 Local based branch of the Royal Hampshire Regiment Comrades Association. Objective is to ensure the continuation of comradeship formed during service with the regiment and to assist comrades in need. Must be ex-servicemen and women. Must be badged members at the Royal Hampshire or TA.
RSPCA	315 Shirley Road Southampton Hampshire SO1 3HW	023 8078 3000 Pets
Ruby Associates	Mrs Z Partington	01299 271906 zoe@ruby-associates.co.uk Training and consultancy in disability issues. Alternative number: 020 8889 1361 - Barbara Lisiciki. Call either number between 10am and 4pm Tues/Wed/Thurs. Mobile - 07803 607008.
SCOPE - Response Service	PO Box 833 Milton Keynes MK12 5NY	0808 800 3333 cphelpscope.org.uk www.scope.org.uk The Scope Response Service staff can provide support, information, advice and in-depth knowledge of Cerebral Palsy, related disability issues and scope services.

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SCRATCH	Mr. Davis Brooklands Courtyard First Avenue Millbank Southampton Hampshire SO15 0LU	023 8077 3132 scm2scratch@tiscali.co.uk www.scratchcharity.co.uk Runs several projects designed to relieve the effects of poverty by providing furniture, household items, clothing and emergency food to families and individuals with recognised needs. Operates throughout Southampton, Romsey, Eastleigh, Waterside and Winchester areas of Southern Hampshire. Also helps families and individuals escaping domestic violence, single parents moving from hostels to bedsits into permanent housing and young people setting up independent homes for the first time. If you have old furniture or items of household goods which you may think are appropriate to donate, please contact Chris Davis.
Solicitor for the Elderly	Mrs C Coats Marston House Blackfield Road Southampton Hampshire SO45 1WD	023 8089 0919 caroline@carolincoates.co.uk www.carolinecoats.co.uk
Somborne & District Society	Mrs J Finch Secretary Carmel House Horsebridge Road Kings Somborne Hampshire SO20 6PT	01794 388462 Meets at King Somborne Village Hall.
Southampton and District Spina Bifida	Mr SJ Fitzgerald 32 Ellis Road Pinewood Park Thornhill Southampton Hampshire SO19 6GP	023 8040 2644
Southampton Centre for Independent Living	Mr I Loynes Unity 12 9 - 19 Rose Road Southampton Hampshire SO14 6TE	023 8033 0982 info@southamptoncil.co.uk

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Southampton City Shopmobility	7 Castle Way Southampton Hampshire SO14 2BX	023 8063 1263 Open Mon - Sat 9.30 - 5.00 (not Sundays or Bank Holidays). Also: West Quay Shopmobility Podium Car Park Level 2 Harbour Parade Southampton 02380 636100
SSAFA Andover and Romsey	Mr J Newlove 1st Floor Union House Union Street Andover Hampshire SP101PA	01264 352981 24hr Answerphone.
St John's Ambulance	96 The Hundred Romsey Hampshire SO51 8BX	01794 516110 HQ Worthy Lane Winchester 01962 863366.
Stay on Your Feet	Sara Owen Mid Hampshire NHS PCT Unit 3, Tidbury Farm Bullington Cross Sutton Scotney Winchester Hampshire SO21 3QQ	01962 763982 sara.owen@midhampshirepct.nhs.uk Project working with local agencies because of the concern about older people suffering from harm as a result of falls. This issue was recognised as local health improvement and an alliance was formed between Hampshire Social Services, Winchester City Council, Mid Hampshire PCT, Winchester and Eastleigh Ambulance service, Age Concern. The aim of stay on your feet is to find ways of dealing with the rrot cause of falls and to prevent them from happening in the first place, for e.g advice and guidance.
Supported Housing Worker	Mrs Michaels Intouch Support The Hyde Group 9 Howen Point Waterloo Road Lymington Hampshire SO41 3BA	02380 836822 cathymichaels@hydemarket.co.uk www.intouchsupport.co.uk

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Test Valley Community Services	Ms J Blann Chief Executive Second Floor Coopers House The Horsefair Romsey Hampshire SO51 8JZ	01794 519998 romsey@tvcs.org.uk Greg Alexander. Support for voluntary groups and organisations. Advice on funding sources.
Test Valley Home Improvement Agency	Office 7 Building D Bridges Farm Nursling Street Southampton Hampshire SO16 OYA	023 8073 9945 admin@tvhia.org.uk
Test Valley Mobility	Mr W J McLoughlin Unit 9 Fern Acre Bus Park Budds Lane Romsey Hampshire SO51 OHA	01794 521217 www.testvalleymobility.co.uk Company dealing in Disability Equipment - Stair lifts, Hoists, Vertical Lifts, and door openers. Emergency Service available.
The Limbo Waterproof Protector	Thesis Technology Products Services Ltd Main Road Fishbourne Chichester West Sussex PO18 8AT	01243 573417 sales@limboproducts.co.uk www.limboproducts.com Keeping your plaster or dressing dry when bathing or showering.
The Relatives' and Residents' Association	24 The Ivories 6 - 18 Northampton Street London N1 2HY	020 7359 8148 ww.relres.org Advice Line - 020 7359 8136.
The Stroke Association	Stroke House 240 City Road London EC1V 2PR	
Thorngate Village Care Group	Mrs J Guy 64 Red Lane West Tytherley Salisbury Wiltshire SP5 1NY	01794 340946 jguy@btinternet.com Volunteers offer transport to hospitals and doctors surgeries. Support is given where there is no family help.

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Tourist Information Centre	Mrs J West Manager 13 Church Street Romsey Hampshire SO51 8BT	01794 512987
Townswomen's Guild	Mrs Sillence Secretary Rosina Timsbury Romsey Hampshire SO51 0NG	01794 368581 Monthly meetings with a speaker. Also section meeting weekly or monthly. Garden club. Outings. Handicraft. Play reading. Poetry. Scrabble. Musical appreciation. Entertainment. Social studies and Lunch Club. 3rd Wednesday in month 7.30pm - 9.30pm - April to September (6 months), 2.30-4.30pm - October to March (6 months)
Tytherley and Lockerley Lunch Club	Mrs Arthur 3 Ovall Road Lockerley Romsey Hampshire SO51 0JF	
U3A Romsey and District	Mrs Fowler Romsey U3A Membership Secretary Chilterns Crawley Hill West Wellow Romsey Hampshire SO51 6AP	01794 322918 membership@romseyu3a.hampshire.org.uk www.romseyu3a.hampshire.org.uk Meets Crosfield Hall. University of the 3rd Age.
Valley Park Community Association	Mrs Diffy Community Centre Pilgrim's Close Chandlers Ford Hampshire SO53 4ST	023 8026 6593
Victim Support (Northern District)	Ms L Knight The Northern District Office The Orchard White Hart Lane Basingstoke Hampshire RG21 4AF	01256 407730 Provides emotional and practical support to victims of all crime and road traffic deaths.

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Volunteer Centre Test Valley	Mrs V Parsons 2nd Floor Coopers House The Horsefair Romsey Hampshire SO51 8JZ	01264 362600 info@tvcs.org.uk www.tvcs.org.uk For anyone interested in becoming a volunteer. They hold an opportunities directory of all voluntary posts available in the Romsey area.
Wellow Happy Go Lucky Club	Miss DP Purver 46 Knatchbull Close Romsey Hampshire SO51 8WJ	01794 522362 Social group over 60s - meets Wellow Village Hall every Monday at 2.00pm (not August or Bank Holiday).
Wellow History Society	Mr A Fowler Wellow Room Wellow Village Hall Buttons Lane Romsey Hampshire SO51 6BR	alan.j.fowler@talk21.com Research into and publication of local village history and dissemination of the same through regular meetings and talks. Membership: Ordinary £10 p/a. Family £16 p/a. Student £6 p/a. Visitor £12 per meeting.
Wessex Cancer Trust (Romsey)	Mrs J Scoones Jane Scarth House 39 The Hundred Romsey Hampshire SO51 8GE	01794 830374 Also Christine Burgess. Emotional support for anyone affected by cancer: patients, family, carers.
Wessex Medical Research	St Mary's Stadium Britannia Road Southampton Hampshire SO14 5FP	023 8033 3366 info@hope.org.uk www.hope.org.uk A registered charity dedicated to raising funds to support medical research, education and practice. All money raised goes to supporting vital medical research projects, e.g. research to fight disease, finding better treatments and potentially cures for conditions that affect every age group - from infant asthma to Alzheimer's in our aged population and many more.

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West Wellow ' Help'	Mrs P Hooper	01794 322371 Transport to medical centres - Wellow Care Group. Weekly lunch club - mondays 12.30 at Wellow Village Hall. Alternative number: Mrs Ann Jarrett 01794 322469.
Wiltshire Farm Foods	Unit 5, The Aercon Building Woodside Road Boyatt Wood Eastleigh Hampshire SO50 4ET	02380 622150 southampton@wiltshirefarmfoods.com www.wiltshirefarmfoods.com Frozen Ready Meals.
Women's Institute - Head Quarters	Company Secretary	01962 852721 Company Secretary. Office Hours - Mon,Tues,Wed,Fri - 9.30 - 2.30. Closed during August.
Womens Institute - North Baddesley	Mrs M Sims Secretary	023 8073 2429 Meets at the Village Hall, Botley Road on the second Tuesday of each month at 2.00pm. Walks, Lunches, Theatre Trips, Speakers and many other activities.
Womens Institute - Romsey	Ms W Knight Romsey Hampshire	023 8077 1200 Other Contact Number - 02380 730843.
Womens' Royal Voluntary Services - WRVS	Mrs Middleton Nightingale Lodge Great Well Drive Romsey Hampshire SO51 7QN	01794 515655 Deliver Meals on Wheels.
Woodley and Crampmoor Friendship Club	Mrs D Bunting Yew Tree Cottage Crampmoor Lane Crampmoor Romsey Hampshire SO51 9AJ	01794 515655

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