

# 11a Groups and Organisations 2006

## List of useful contacts for carers

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- A**
- Age Concern Hampshire      1 St Cross Road, Winchester SO23 9JA  
Tel 01962 868545      Helpline 0800 328 7154 (10am-3pm)  
Website [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)
- Alzheimer's Society      Gordon House, 10 Greencoat Place, London SW1P 1PH  
Tel 020 7306 0606      Helpline 0845 300 0336  
Website [www.alzheimers.org.uk](http://www.alzheimers.org.uk)
- Arthritis Care      18 Stephenson Way, London NW1 2HD  
Tel 020 7380 6500      Helpline 0808 800 4050  
Website [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)
- B**
- Benefits Agency      Offices in Hampshire
- Aldershot      South Western House, Station Road, Aldershot GU11 1HP  
Tel 01252 356500
  - Andover      6 London Street, Andover SP10 2PA  
Tel 01264 826000
  - Basingstoke      Crown Buildings, Winchester Road, Basingstoke RG21 8ES  
Tel 01256 726400
  - Fareham      Crown Buildings, Civic Way, Fareham PO16 7HR  
Tel 01329 243700
  - New Forest      1 High Street, Totton, Southampton SO40 9HL  
Tel 023 8066 5200
  - Portsmouth      Roebuck House, Roebuck Close, Cosham, Portsmouth  
PO6 2TA      Tel 023 9230 8000
  - Southampton      St Cross House, 18 Bernard Street, Southampton SO14 3HP  
Tel 023 8071 3600
  - Winchester      City Gate House, 1-8 City Road, Winchester SO23 8GB  
Tel 01962 745200
- British Association for  
Counselling & Psychotherapy      BACP House, 35-37 Albert Street, Rugby CV21 2SG  
Tel 0870 443 5252
- British Council of  
Disabled People      Litchurch Plaza, Litchurch Lane, Derby DE24 8AA  
Tel 01332 295551
- British Heart Foundation      14 Fitzharding Street, London W1H 6DH  
Tel 020 7935 0185
- British Lung Foundation      73-75 Goswell Road, London EC1V 7ER  
Tel 020 7688 5555  
Helpline 0845 850 5020 (10am -6pm Mon – Fri)
- British Red Cross      Unit 1 Viceroy Court Bedford Road Petersfield GU32 3LH  
Tel 01730 266355      Website [www.redcross.org.uk](http://www.redcross.org.uk)
- British Red Cross      Medical Loan Winchester Office 01962 870661/877732

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- C CALL Carers Active Listening Line 08000 3 23456  
9am to 11pm 365 days per year
- Carers Helpline Tel 08457 221122 4pm to 11.30pm Monday to Friday,  
8.30am to 11.30pm at weekends and bank holidays
- Carers Commissioning Officer HCC Social Services Department, Trafalgar House, The  
Castle, Winchester SO23 8UQ Tel 01962 847266  
Email maria.milton@hants.gov.uk
- Carers Line Monday to Friday 10am to 12noon, 2pm to 4pm  
Tel 0808 808 7777
- Carers Workers Adults - General
- Aldershot / Farnborough The Old Town Hall, Grosvenor Road, Aldershot GU11 3DP  
Tel 01252 314221
  - Andover Princess Royal Trust Carers Centre, Andover War Memorial  
Hospital Andover Tel 01264 835246
  - Basingstoke Carers Together, 8 Chequers Road, Basingstoke RG21 7PU  
Tel 01256 353290 Email jane@carerstogether.org.uk
  - Carers Together Main Office Unit D6, The Premier Centre, Premier Way,  
Romsey SO51 9DG Tel 01794 519495  
Email admin@carerstogether.org.uk
  - Eastleigh Eastleigh Community Services, ECS House, Romsey Road,  
Eastleigh SO50 9AL Tel 023 8090 2404 (Eastleigh)
  - Fareham and Gosport Carers Resource Centre, The Old Chapel, St George's Walk,  
Gosport PO12 1FH Tel 023 9250 1592  
Email ssfg02mw@hants.gov.uk
  - Havant and Petersfield Carers Together, Merchistoun Hall, 106 Portsmouth Road,  
Waterlooville PO8 9LJ Tel 023 9259 5455  
Email sylvia@carerstogether.org.uk
  - Isle of Wight Carers UK Centre for Carers Tel 01983 533173
  - New Forest Carers Together, Leonard Cheshire Resource Centre, 16 Old  
Milton Road, New Milton BH25 6DX Tel 01425 622588  
Email vicky@carerstogether.org.uk
  - Portsmouth Portsmouth Carers Centre, 65 Kingston Road, Portsmouth  
PO2 7DX Tel 023 9285 1864  
Website www.preventionteam.org.uk
  - Romsey Romsey and District Carers Forum, Unit D6, The Premier  
Centre, Premier Way, Romsey SO51 9DG  
Tel 01794 515126 Email admin@romseycarers.org.uk  
Website www.romseycarers.org.uk
  - Southampton Carers Together Southampton The Warren Centre Shirley  
Warren Southampton SO16 6AY Tel 023 8051 0492  
Email admin@southampton-carers.org.uk
  - Winchester Princess Royal Trust Carers Centre, 68 St George's Street,  
Winchester SO23 8AH Tel 01962 842034

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C	Carers Support Workers	Direct Payments Support - Unit D6 The Premier Centre Premier Way Romsey SO51 9DG Tel 01794 519495 Email <a href="mailto:admin@carerstgether.org.uk">admin@carerstgether.org.uk</a>
	Carers Support Workers	Mental Health
	• Basingstoke	HCC Social Services Mental Health Team 01256 316300
	• Eastleigh / Romsey	HCC Social Services Mental Health Team 023 8061 5729
	• Fareham / Gosport	HCC Social Services Mental Health Team 01329 825922
	• Havant / Petersfield	HCC Social Services Mental Health Team 02392 441261
	• New Forest	HCC Social Services Mental Health Team 01425 622922
	• N.E. Hants	HCC Social Services Mental Health Team 01252 312788
	• Portsmouth	Community Support Team Adult Mental Health Service 023 9273 7106
	• Winchester	HCC Social Services Mental Health Team 01962 824402
	Carers UK	Ruth Pitter House, 20-25 Glasshouse Yard, London EC1A 4JT Tel 020 7490 8818 Email <a href="mailto:info@ukcarers.org">info@ukcarers.org</a>
	Carers websites	Government information at: <a href="http://www.direct.gov.uk">www.direct.gov.uk</a> and <a href="http://www.carers.gov.uk">www.carers.gov.uk</a>
	Citizens Advice Bureaux	There are 47 offices in the county. See Citizens Advice Bureaux in Hampshire National website <a href="http://www.nacab.org.uk">www.nacab.org.uk</a>
	City and District Councils	See telephone book
	CJD Support Network	Gordon House, 10 Greencoat Place London SW1P 1PH Tel 020 7306 0606 Helpline 0845 300 0336
	Compassionate Friends	53 North Street, Bristol BS3 1EN Tel 0117 966 5202 Helpline 0117 953 9639
	Contact-a-Family	209-211 City Road, London EC1V 1JN Tel 020 7608 8700 Helpline 0808 808355
	Councils of Voluntary Service	See telephone book
	County Councillors	See telephone book
	CRUSE	(bereavement counselling) 126 Sheen Road, Richmond TW9 1UR Tel 020 8939 9530 Helpline 020 8332 7227 Monday to Friday 9.30am to 5pm

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- D**
- DIAL Disabled Information and Advice Line Tel 01302 310123
- DIAL Disability Resource Centre 39 Prince Albert Road Southsea  
Portsmouth PO4 9HR Tel 023 9282 7174  
Helpline 023 9282 4853
- Disability Sport England 13-27 Brunswick Place, London N1 6DX  
Tel 020 7490 4919
- Disabled Living Foundation 380/384 Harrow Road, London W9 2HU  
Tel 020 7289 6111 Helpline 0845 130 9177
- Downs Syndrome Association 155 Mitcham Road, London SW17 9PG Tel 020 8682 4001
- E**
- Education HCC Education Department Local offices  
• Winchester Clarendon House, Romsey Road, Winchester SO22 5PW  
Tel 01962 869611
- New Forest Winsor Road, Bartley, Southampton SO40 2HR  
Tel 023 8081 2113
- South East Hampshire River Way, Havant PO9 2EL Tel 023 9249 8200
- North East Hampshire Birch House, Ancells Business Park, Barley Way, Fleet  
GU13 8YB Tel 01252 812333
- G**
- Gay Carers Network Tel 01843 220932 (Roger) Tel 01273 628047 (Arthur)  
Tel 01865 847471 (Bruce)
- H**
- Hampshire Association for the Care of the Blind 25 Church Road, Bishopstoke, Eastleigh SO50 6BL  
Tel 023 8064 1244
- Hampshire County Council Tel 0800 028 0888 Textphone 0808 100 2484
- Hampshire Passenger Transport Group Environment Department, The Castle, Winchester  
SO23 8UD Tel 01962 846992
- Hampshire Voluntary Care Groups Advisory Service Church House, 9 The Close, Winchester SO23 9LS  
Tel 01962 624777
- Headway (National Head Injuries Association) 4 King Edward Court,  
King Edward Street, Nottingham NG1 1EW  
Tel 0115 924 0800 Email:enquiries@headway.org.uk
- Health Authority Hampshire and Isle of Wight Strategic Health Authority  
Strategic Health Authority HQ Oakley Road, Southampton  
SO16 4GX Tel: 023 8072 5400  
Facsimile: 023 8072 5457 enquiries@hiowha.nhs.uk

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- H Health – PCTs
- Blackwater Valley and Hart PC Winchfield Lodge Old Potbridge Road Winchfield Hook Hampshire RG27 8BT Tel 01252 849 000 Fax 01252 849 001
  - East Hampshire PCT Raebarn House Third Floor Hulbert Road Waterlooville Hampshire PO7 7GP Tel 023 9224 8800 Web [www.easthampshirepct.nhs.uk](http://www.easthampshirepct.nhs.uk)
  - Eastleigh/Test Valley South PCT The Mount Hospital Church Road Eastleigh Hampshire SO50 6ZB Tel 023 8067 3673 Fax 023 8067 3674
  - Fareham/Gosport PCT Unit 180 Fareham Reach 166 Fareham Road Gosport Hampshire PO13 0FH Tel 01329 233447 Web [www.farehamandgosportpct.nhs.uk](http://www.farehamandgosportpct.nhs.uk)
  - Isle of Wight PCT Whitecroft Sandy Lane Newport Isle of Wight PO30 3ED Tel 01983 534455 Fax 01983 822142
  - Mid Hampshire PCT Unit 3 Tidbury Farm Bullington Cross Sutton Scotney Winchester Hampshire SO21 3QQ Tel 01962 763940 Fax 01962 763941
  - New Forest PCT 8-9 Sterne Road Tatchbury Mount Calmore Southampton Hampshire SO40 2RZ Tel 023 8087 4270 Fax 023 8087 4275
  - North Hampshire PCT Harness House Aldermaston Road Basingstoke Hampshire RG24 9NB Tel 01256 332288 Fax 01256 312299
  - Portsmouth City PCT Trust Central Offices St James Hospital Locksway Road Southsea Hampshire PO4 8LD Tel 023 9283 8340 Fax 023 9273 3292 Web [www.portspct.nhs.uk](http://www.portspct.nhs.uk)
  - Southampton City PCT Central Health Clinic East Park Terrace Southampton Hampshire SO14 0YL Tel 023 8090 2500 Fax 023 8090 2600 Web [www.southamptonhealth.nhs.uk](http://www.southamptonhealth.nhs.uk)
- Health – Trusts
- Hampshire Ambulance Trust Highcroft Romsey Road Winchester Hampshire SO22 5DH Tel 01962 863511 Fax 01962 842156 Email [chief.executive@hantsam.nhs.uk](mailto:chief.executive@hantsam.nhs.uk)
  - Isle of Wight Health Trust St Mary's Hospital Newport Isle of Wight PO30 5TG Tel 01983 534081 Fax 01983 822569 Email [general@iowht.org.uk](mailto:general@iowht.org.uk)

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- H**
- North Hampshire Hospitals NHS Trust Aldermaston Road Basingstoke Hampshire RG24 9NA  
Tel 01256 473202 Fax 01256 313098
  - Portsmouth Hospitals NHS Trust De La Court House Queen Alexandra Hospital Southwick  
Hill Road Portsmouth PO6 3LY Tel 023 9228 6000  
Fax 023 9286 6413 Web [www.portshosp.org.uk](http://www.portshosp.org.uk)
  - Southampton University Hospitals NHS Trust Mailpoint 18 Southampton General Hospital Tremona Road  
Southampton SO16 6YD Tel 023 8077 7222  
Email [peter.campion@suht.swest.nhs.uk](mailto:peter.campion@suht.swest.nhs.uk)  
Web [www.suht.nhs.uk](http://www.suht.nhs.uk)
  - West Hampshire NHS Trust Maples Buildings Tatchbury Mount Hospital Calmore  
Southampton SO40 2RZ Tel 023 8087 4300  
Fax 023 8087 4301 Email [david.freeman@wht.nhs.uk](mailto:david.freeman@wht.nhs.uk)
- Health Visitors Contact your doctor's surgery
- Help the Aged 207-221 Pentonville Road, London N1 9UZ  
Tel 020 7278 1114 Helpline 0808 800 6565
- Holiday Care Service Tourism for All, The Hawkins Suite, Enham Place, Enham  
Alamein, Andover SP11 6JS Tel 0845 124 9971  
Minicom 0845 124 9976 Email [info@tourismforall.org.uk](mailto:info@tourismforall.org.uk)
- Home Care Services Contact your local Social Services / Guide to Care at Home
- Hospitals Contact your Hospital Trust or see the Phone Book
- Housing Contact your local borough, city or district council
- I**
- Independent Living Fund PO Box 7525, Nottingham NG2 4ZT Tel 0845 601 8815
- Information Services - HCC Mottisfont Court, Tower Street, Winchester SO23 8ZB  
Tel 0800 028 0888
- M**
- MAVIS (Mobility Advice and Information Service) Crowthorne  
Business Estate, Old Wokingham Road, Crowthorne  
Berkshire RG45 6XD Tel 01344 661000 Fax 01344 661066  
Email: [mavis@dft.gsi.gov.uk](mailto:mavis@dft.gsi.gov.uk)
- Members of Parliament The House of Commons, London SW1A 1AA
- MENCAP (Royal Society for Mentally Handicapped Children and Adults) Mencap National Centre, 123 Golden Lane, London  
EC1Y 0RT Tel 020 7454 0454
- MIND (National Association for Mental Health) Granta House,  
15/19 Broadway, Stratford, London E15 4BQ  
Tel 020 8519 2122

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M	Multiple Sclerosis Society	372 Edgware Road, London NW2 6ND Tel 020 8438 0700
N	NHS Direct	24 hours a day, seven days a week      Tel 0845 46 47
P	PPIF	Patient and Public Involvement Forums      See CPPIH Tel 01483 698012 Web <a href="http://www.cppih.org/">www.cppih.org/</a>
	Portsmouth City Council	Tel 023 9283 4092
	Public Trust Office	24 Kingsway, London WC2B 6HD
R	RADAR	(Royal Association for Disability and Information) 12 City Forum, 250 City Road, London EC1V 8AF Tel 020 7250 3222
	RELATE	(Marriage Guidance) For your local branch see under Relate in the Phone Book
	REMAP	D9 Chaucer Business Park, Kemsing, TN15 6YU Tel 0845 130 0456 Fax 0845 130 0789
	RETHINK	(formerly NSF (National Schizophrenia Fellowship) Southern Regional Office, 17 Oxford Street, Southampton SO14 3DJ    Tel 023 8072 7522    Helpline 020 8974 6814
	RNIB	(Royal National Institute for the Blind) 105 Judd Street London WC1H 9NE Tel 020 7388 1266 Fax 020 7388 2034 Helpline 0845 766 9999
S	Samaritans	Tel 08457 909090      Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
	Saneline	(Helpline on mental health matters) Tel 0845 767 8000 everyday 12noon to 2am
	Sitting Services	Contact your local Social Services office or Council of Voluntary Service
	Social Services	You should contact your nearest office.
	Social Services Direct	(out of normal office hours)    Tel 0845 600 45 55
	Social Services in hospitals	There are social work departments in most major hospitals – ask at reception / on the ward
	Southampton City Council	Tel 023 8083 3333
	Spinal Injuries Association	76 St James's Lane, London N10 8DF    Tel 020 8444 2121 Helpline 0800 980 0501

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S	SPOD	(Sexual and Personal Relationships for the Disabled) 286 Camden Road, London N7 0BJ Tel 020 7607 8851
T	Telephone Helplines Association	4th Floor, 9 Marshalsea Road, Borough, London SE1 1EP Tel 020 7089 6321 Helpline 0845 120 3767
	Terrence Higgins Trust	52-54 Grays Inn Road, London WC1X 8JU Tel 020 7831 0330 THT Direct 0845 1221 200 Email info@tht.org.uk
W	Vitalise	(formerly Winged Fellowship Trust) Angel House, 20-32 Pentonville Road, London N1 9XD Tel 0845 345 1972
	WRVS	(Women's Royal Voluntary Service) Hampshire County Office, Oakwing House, 1 Swan Lane, Winchester SO23 7AA Tel 01962 852329
Y	Young Carers Support Groups	
	Aldershot	Tel 01252 811941
	Alton	Tel 023 9247 1020
	Andover	Tel 01264 333788
	Fareham and Gosport	Tel 01329 312312
	Havant & Petersfield	Tel 023 9247 1020
	Winchester	Tel 01962 844458
	Website	<a href="http://www.youngcarers.hants.org.uk">www.youngcarers.hants.org.uk</a>