



Southampton Carers Directory

Clubs and Organisations Relating to Health Conditions

Name and Venue	Description	Contact Details
Action on Pain	Provides advice and support to both people living with pain and those affected by it's intrusive effects on daily life. Also provides a confidential and informal telephone help line, staffed by people with chronic pain, which provides expert advice and support based around their own experience	Call Chris or Steve 023 8046 5019
Alcoholics Anonymous	Fellowship of men and women who share their experiences to solve a common problem and recover from alcoholism. There are no membership subscriptions and a number of groups meet in Southampton	Call 0845 7697555 for details or search www.aa-uk.org.uk/lists/hhf.htm
Alzheimers meeting Meetings held every Tuesday 6.30pm at Bedford House	Run a weekly club "Connections", providing a wide range of activities for younger people with dementia (under age 65) and their supporters	Lynda Taylor Alzheimers Society 023 8047 4657 Alzheimers Society 023 8047 1234 – general queries
Alzheimers Society Tea Dances Peartree Church Hall, Peartree Road, Southampton	Dances held every quarter. Everyone welcome: individual carers and cared for; carers on their own and former carers - you may also bring family & friends. For dates of dances please phone main contact number. If transport a problem call the helpline number as they may be able to help out if given a few days notice	Lynda Taylor Alzheimers Society 023 8047 4657
Arthritis Care (Southampton) Sembal House, Handel Crescent, Southampton	Social evenings first Monday of each month at 7.00pm. Outings arranged. Must be a paid member to attend, membership £12.00 per annum	Jan Saunders 023 8077 3086



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Asperger Support and Social Group (Southampton)	This group provides somewhere to have a chat, meet other people, share experiences, make new friends and gain information from the experiences of others. Groups for adults and children	023 8043 2612 01489 796019
BackCare Southampton General Hospital	Come and join the Southampton Branch of BackCare (a registered charity) offer: Evening hydrotherapy sessions – exercising in warm water at Southampton General Hospital, supervised by physiotherapists (£5/session). Twice yearly evening meetings. TENS machines (for pain relief) to hire or buy	Branch Secretary – Mrs Sylvia Percy 023 8049 5642
British Polio Fellowship Sembal House, Handel Terrace Southampton	Mainly social. Welfare Officer deals with genuine cases of hardship. Meet monthly on Saturdays from 4.30pm to 8.00pm	Mrs R Rhodes 023 8086 4778
Diabetic Liaison Service	Support, advice, education and information for patients with diabetes. Open access	023 8082 5885
Diabetes UK – Southampton District Group	Offers support to those with diabetes and their carers. Raises funds to help with the many research projects and greater understanding of the condition	Mrs Driscoll 023 8063 9436
Down's Syndrome Association	Provides information and support for people with Down's syndrome, their families and carers, as well as being a resource for interested professionals. Operates a helpline for all enquiries including referral to support groups, information, fundraising & membership	0845 230 0372 www.downs-syndrome.org.uk



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Name and Venue	Description	Contact Details
Four C's Care Group Guide Centre, Bassett Avenue, Southampton	Self help group for people with visual impairment & their carers. Talks, outings, theatre trips as arranged. Meetings held twice monthly	Mrs Bucket 023 8077 3384 Mrs Day 023 8031 5076
Hampshire Autistic Society	The Hampshire Autistic Society offers help and advice to people on the autistic spectrum, their carers and professionals across the South of England	Head Office 01489 880881 Southampton Locality Office 023 8076 6162 – Ext 25
Southampton Hard of Hearing Club	Social club for all ages, colour or creed. Help and advice given on various conditions of deafness. The group meet every Thursday evening. All people with hard of hearing welcome	Mike Dawe Tel 023 8043 4994
Headway Southampton	Headway Southampton provides day and support services for people with an acquired brain injury and their families and carers	023 8086 2948 www.headway-southampton.org.uk
HIV	The Ribbons Centre - an information and support service for people living with HIV	023 8022 5511 www.ribbons-centre.co.uk
Leukaemia Support Group	Help to patients, relatives, friends and hospital staff	023 8077 6271
MDF – the bipolar disorder organisation (self-help group in Southampton)	Self-help group for people with bipolar disorder Meets second Thursday of every month at 7.30pm	Call to confirm attendance and location on 08456 340 540
Hampshire Friends with ME	Provides social and emotional support, information and advice, friendship and laughter	023 9242 0732 www.hantsmesupport.co.uk



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Multiple Sclerosis Society Southampton Group c/o Mencap, behind Nat West Bank, Portswood	Coffee, Chat, Exercise and Information. Wednesdays from 10 am onwards	0870 626 0632 (local rate)
Motor Neurone Disease Association Bedford House, Amoy Street, Southampton	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	Rosemary Rocket 023 8089 1842 www.mndsouthampton.org 0845 762 6262 - helpline
National Autistic Society Eastleigh and Winchester branch	Local branch of NAS, supporting parents, carers and professionals working with people with Autistic Spectrum Disorders. Runs support groups for parents and carers, a family youth club, social events, and has an extensive resource library	www.nasew.ik.com Autism (helpline) 0845 070 4004
National Osteoporosis Society – Southampton & District support group	Local support groups run by people affected by osteoporosis, for the benefit of people living with the disease	01380 828889 www.nos.org.uk/about/information-sheets.htm
NHS Direct	NHS Direct delivers telephone and e-health information services day and night direct to the public	0845 4647 – open 24 hours
Patient Advice & Liaison Service (PALS)	The PALS service focuses on improving the service to NHS patients. It provides on-the-spot help, advice and support to patients, relatives or carers	023 8029 6929 www.southamptonhealth.nhs.uk/pals email: pals@scpct.nhs.uk



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<p>Parkinson's Disease Society</p> <p>St Mark's Church, Archers Road, Southampton</p>	<p>The group offers the chance to meet other people in the local area, obtain information and take part in the activities on offer</p> <p>Group meets on the second Tuesday of each month from 2pm to 4pm</p>	<p>0808 800 0303 – helpline number Penny or David Bonnor-Moris 01794 367662</p> <p>Gina Squires, PDS Branch and Volunteer Support Officer on 0844 225 3674 or gsquires@parkinsons.org.uk</p>
<p>Solent Early Onset Parkinson Support Group</p> <p>Sembal House Handel Terrace Southampton SO15 2FH</p>	<p>Provides support & information for those with early onset of Parkinson's Disease. Social activities & outings arranged. For more information about the group & their meetings & outings please contact Mary Shorter</p> <p>Group meets from 2pm – 4pm on Saturdays and occasional Tuesdays</p>	<p>Mary Shorter 023 8049 9652</p>
<p>Southampton Voluntary Services</p>	<p>Southampton Voluntary Services (SVS) provides voluntary & community groups working in Southampton with independent support and an independent voice</p>	<p>023 8022 8291 information@southamptonvs.org.uk</p> <p>www.southamptonvs.org.uk/index.htm</p>
<p>Spina Bifida & hydrocephalus assn</p>	<p>Provides information and support to relatives and sufferers of Spina Bifida and Hydrocephalus. Assists and helps to provide special aids and equipment</p>	<p>023 8044 4921 023 8040 2644 – Mr Fitz-Gerald</p>



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Name and Venue	Description	Contact Details
Stroke Association	Stroke clubs provide a meeting place for people who have had a stroke and their carers, if they want to come. The group meetings give members a chance to share experiences with people who understand what they are going through and to take part in activities that can help with their ongoing recovery	0845 303 3100 – national number 023 8072 0423 – Information Officer
Stroke Co-ordinator	Denise offers support to stroke patients & their family in the community. Information & education on lifestyle & reducing the risk of stroke. Referrals to other professionals if relevant. Information on local & national services for stroke patients, and much more. Only able to cover Southampton City postcodes	023 8047 5809 denise.shave@scpct.nhs.uk
Vascular Amputee Group	A new support group is being launched for amputees living in Southampton and the surrounding area	Nikki Storer 023 8079 6039
Wessex Cancer Trust	A local cancer charity for information, counselling advice etc.	023 8067 2200 www.wessexcancer.org/