

Spectrum Centre for Independent Living – help with disability issues / direct payments Tel: 023 8033 0982 / Web: <a href="http://www.spectrumcil.co.uk">www.spectrumcil.co.uk</a>	
Southampton Voluntary Services Tel: 023 8022 8291 / Web: <a href="http://www.southamptonvs.org.uk">www.southamptonvs.org.uk</a>	
Southampton General Hospital (UHS) Complaints and Comments Tel: 023 8120 6325 / Email: <a href="mailto:patientsupportservices@uhs.nhs.uk">patientsupportservices@uhs.nhs.uk</a>	
Southampton General Hospital (UHS) Travelwise Tel: 023 8120 4133 / Email: <a href="mailto:travelwise@uhs.nhs.uk">travelwise@uhs.nhs.uk</a>	
Southampton General Hospital (UHS) Volunteering Tel: 023 8120 4688 / Email: <a href="mailto:volunteers@uhs.nhs.uk">volunteers@uhs.nhs.uk</a>	
Wessex Cancer Trust, Chandlers Ford Tel: 023 8051 6576 / Web: <a href="http://www.wessexcancer.org.uk/chandlers-ford-centre">www.wessexcancer.org.uk/chandlers-ford-centre</a>	
<b>Community Hospitals</b>	
Alton Community Hospital Tel: 030 0003 2196	Fareham Community Hospital Tel: 01489 587400
Fleet Community Hospital Tel: 01252 813800	Fordingbridge Hospital Tel: 01425 652255
Gosport War Memorial Hospital Tel: 023 9252 4611	Hythe Hospital Tel: 023 8042 3203
Lymington Hospital Tel: 01590 663000	Milford-on-Sea War Memorial Hospital Tel: 01590 648100
Petersfield Hospital Tel: 01730 263221	Romsey Hospital Tel: 023 8231 0350
Community Neurological Rehab Team Tel: 0300 123 1950	Snowdon Neuro Rehab Ward Tel: 0300 123 5008

If there is an organisation whose contact details you feel would be beneficial to other people, patients, service users or carers and useful to include on this list, please contact Carers Together on 01794 519495 and we will do our best to include them.

## Leaving Hospital

# Useful Information and Contacts

This list of contacts may be useful for you when you leave hospital. It may also help carers or families when the person you care-for has left hospital. Please note, it is not meant to be a comprehensive list, but includes organisations that may be able to help you or could signpost you to the organisation, group or person who can.

<b>Community Information Point - Andover, Longmeadow</b> Tel: 01264 359223 / Email: <a href="mailto:enquiries.rcs123@gmail.com">enquiries.rcs123@gmail.com</a>	
<b>Community Information Point – Kingsley, Kingsley Centre</b> Tel: 01420 479000 / Email: <a href="mailto:admin@kingsleyorganisation.org.uk">admin@kingsleyorganisation.org.uk</a>	
<b>Community Information Point – Romsey, Carers Together</b> Tel: 01794 519495 / Email: <a href="mailto:admin@carerstogether.org.uk">admin@carerstogether.org.uk</a>	
<b>Carers Together</b> - for help with caring needs in Hampshire, Portsmouth & Southampton. Tel: 01794 519495 / Web: <a href="http://www.carerstogether.org.uk">www.carerstogether.org.uk</a>	
<b>Diabetes Aware</b> - for support and/or information about diabetes in Southern Test Valley Tel: 01794 515126 / Web: <a href="http://www.diabetesaware.org.uk">www.diabetesaware.org.uk</a>	
<b>Hampshire Neurological Alliance</b> - for help with neurological issues across Hampshire, Portsmouth, Southampton and the Isle of Wight Tel: 01794 519495 / Web: <a href="http://www.hampshireneural.org.uk">www.hampshireneural.org.uk</a>	
<b>Romsey and District Carers Forum</b> - for help with caring issues in Southern Test Valley Tel: 01794 515126 / Web: <a href="http://www.romseycarers.org.uk">www.romseycarers.org.uk</a>	
<b>Hampshire Adult Services</b> Tel: 0300 555 1386	<b>Hampshire Children's Services</b> Tel: 0300 555 1384
<b>Isle of Wight Adult Services</b> Tel: 01983 823340	<b>Isle of Wight Children's Services</b> Tel: 01983 823434
<b>Portsmouth Adult Services</b> Tel: 023 9268 0810	<b>Portsmouth Children's Services</b> Tel: 023 9283 9111
<b>Southampton Adult Services</b> Tel: 023 8083 3003	<b>Southampton Children's Services</b> Tel: 023 8083 3004
Admiral Nurses, Southampton Tel: 023 8060 8003 Web: <a href="http://www.solent.nhs.uk/service-info.asp?id=128&amp;utype=1">http://www.solent.nhs.uk/service-info.asp?id=128&amp;utype=1</a>	
Admiral Nurses, Southampton General Hospital – Office on G9 West Wing Tel: 07920 542416	
Age Concern Hampshire Tel: 0800 328 7154 / Web: <a href="http://www.ageconcernhampshire.org.uk">www.ageconcernhampshire.org.uk</a>	

Age Concern Romsey & District Tel: 01794 518817 / Web: <a href="http://www.romseynet.org.uk/ageconcern">www.romseynet.org.uk/ageconcern</a>
Age UK Tel: 0800 555 6112 / Web: <a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a>
Age UK Southampton Tel: 023 8036 8636 / Web: <a href="http://www.ageuk.org.uk/southampton">www.ageuk.org.uk/southampton</a>
Alzheimer's Society Tel: 0300 222 1122 / Web: <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>
Andover MIND Tel: 01264 332297 / Web: <a href="http://www.andovermind.org.uk">www.andovermind.org.uk</a>
Asthma UK Tel: 0300 222 5800 / Web: <a href="http://www.asthma.org.uk">www.asthma.org.uk</a>
Autism Hampshire Tel: 01489 880881 / Web: <a href="http://www.autismhampshire.org.uk">www.autismhampshire.org.uk</a>
British Heart Foundation Tel: 0300 330 3311 / Web: <a href="http://www.bhf.org.uk">www.bhf.org.uk</a>
British Lung Foundation Tel: 0300 0030 555 / Web: <a href="http://www.blf.org.uk">www.blf.org.uk</a>
Carers in Southampton Tel: 023 8058 2387 / Web: <a href="http://www.carersinsouthampton.co.uk">www.carersinsouthampton.co.uk</a>
Carers UK Tel: 020 7378 4999 / Web: <a href="http://www.carersuk.org">www.carersuk.org</a>
Choices Advocacy – advocacy support for adults who have a learning disability Tel: 023 8078 3715
Cinnamon Trust – The National Charity for the elderly, the terminally ill and their pets. Tel: 01736 757900 / Web: <a href="http://www.cinnamon.org.uk">www.cinnamon.org.uk</a>
Citizens Advice Hampshire Tel: 03444 111 306 / Web: <a href="http://www.citahants.org">www.citahants.org</a>
Diabetes UK Tel: 0345 123 2399 / Web: <a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>
Diabetes Wellness Research Foundation Tel: 023 9263 7808 / Web: <a href="http://www.dwrf.org.uk">www.dwrf.org.uk</a>
Gov.UK – Public Information in one place Web: <a href="http://www.gov.uk">www.gov.uk</a>
Hampshire Parent Carer Network Tel: 01962 853153 / Web: <a href="http://www.hpcn.org.uk">www.hpcn.org.uk</a>

Huntington's Disease Association Tel: 0151 331 5444 / Web: <a href="http://www.hda.org.uk">www.hda.org.uk</a>
Jane Scarth House, Romsey – a charity offering support and counselling for people with cancer and their families Tel: 01794 830374 / Web: <a href="http://www.janescarthhouse.co.uk">www.janescarthhouse.co.uk</a>
MIND National – the mental health charity Tel: 0300 123 3393 / Web: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
Mencap – the UK charity for people with a learning disability Tel: 0808 808 1111 / Web: <a href="http://www.mencap.org.uk">www.mencap.org.uk</a>
The National Autistic Society Tel: 0808 800 4104 / Web: <a href="http://www.autism.org.uk">www.autism.org.uk</a>
New Forest Carers Friends - Organises carers cafés and events across the New Forest. Tel: 07920 506343
NHS Choices – information on a wide range of health conditions and treatments. Web: <a href="http://www.nhs.uk">www.nhs.uk</a>
NHS 111 – non emergency medical enquiries Tel: 111
Parent Support Link – supporting the families and friends of people who use drugs and alcohol Tel: 023 8039 9764 (24 hours) / Web: <a href="http://www.parentsupportlink.org.uk">www.parentsupportlink.org.uk</a>
Princess Royal Trust for Carers in Hampshire Tel: 01264 835246 / 835205 / Web: <a href="http://www.carerscentre.com">www.carerscentre.com</a>
Office of the Public Guardian – for information about Lasting Powers of Attorney Tel: 0300 456 0300 Web: <a href="http://www.gov.uk/government/organisations/office-of-the-public-guardian">www.gov.uk/government/organisations/office-of-the-public-guardian</a>
Red Cross (British) - Wheelchair Hire Tel: 0300 456 1914 / Web: <a href="http://www.redcross.org.uk/get-help">www.redcross.org.uk/get-help</a>
Rose Road Association - Provides a range of services for young disabled people aged 0-25, their parents, families and carers. Tel: 023 8072 1234 / Web: <a href="http://www.roseroad.org.uk">www.roseroad.org.uk</a>
Solent MIND Tel: 023 8202 7810 / Web: <a href="http://www.solentmind.org.uk">www.solentmind.org.uk</a>
Solicitors for the Elderly – independent, national organisation of lawyers, such as solicitors, barristers and legal executives, who provide specialist legal advice for older people, their families and carers. To find one in your area. Tel: 0844 567 6173 / Web: <a href="http://www.sfe.legal">www.sfe.legal</a>