

# Gosport Directory of Services

May – October 2024

The purpose of this directory is to aid professionals in referring or signposting victims, vulnerable individuals and perpetrators to appropriate supporting agencies and services.

If you know of any support services that are not included in this directory, please email details of the service or organisation to [communitysafety@gosport.gov.uk](mailto:communitysafety@gosport.gov.uk)

Please note the directory will be updated and circulated to partners twice a year (May and November)



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## **ALCOHOL AND DRUGS**

### **Organisation Catch 22 Hampshire 24/7**

**Description** Specialist substance misuse treatment for young people under the age of 25 who feel that their drug or alcohol use is problematic. Psychosocial interventions, access to Needle Exchange, Specialist Harm Reduction, Relapse Prevention, prescribing service, access to mentors and aftercare.

**Referral Process** Anyone can refer to the service (including parents/young people) but the young person MUST consent to the referral. When referrals are received they will be triaged and an appointment will be offered for an assessment. Timescales for an assessment currently vary dependent on risk and need. Following assessment, the young person will be allocated a keyworker.

Referral forms, eligibility and referral criteria available on request.

**Contact** Call 0800 599 9591 or email [247hants@catch-22.org.uk](mailto:247hants@catch-22.org.uk)

### **Organisation Dame Carol Detoxification Service**

**Description** Residential nine bed detox unit (1 with disabled access) based in Fareham serving over 20 local authorities across the South and South East of England. The unit is managed by Inclusion working with Two Saints.

**Referral Process** Referrals are only accepted from drug and alcohol services commissioned to provide services within the 20 local authority areas.

**Contact** Call 0300 404 2998 or email [inclusion.DCDS@mpft.nhs.uk](mailto:inclusion.DCDS@mpft.nhs.uk)

### **Organisation DrugFAM**

**Description** Providing support to those who are affected or bereaved by somebody else's addiction to drugs, alcohol, or gambling. Our aim is to help families, friends and partners throughout the country find ways of coping better with their situations, so that they can regain control of their lives and focus on their own health and well-being.

We provide a helpline, run weekly peer to peer support groups and offer pre-arranged one to one support sessions.

**Referral Process** Self-referral

**Contact** Call the Helpline 09:00 – 21:00 seven days a week, 365 days a year on 0300 888 3853 or email [support@drugfam.co.uk](mailto:support@drugfam.co.uk)  
[www.drugfam.co.uk](http://www.drugfam.co.uk)

## **ALCOHOL AND DRUGS continued**

### **Organisation**    **Hep C U Later Project**

**Description**    Joint project by Two Saints and Inclusion Hants with the aim to identify infections, reduce health inequalities by offering specialist testing to people within the homeless communities in the Gosport, Havant and Fareham areas that are at risk of exposure to Hepatitis C.

Antibody testing will be incentivised with a £10 Love to shop voucher.

**Referral Process**    Appointment made following completion of a referral form, available from Nicola Grimes.

**Contact**    Email [nicola.grimes@twosaints.org.uk](mailto:nicola.grimes@twosaints.org.uk)

### **Organisation**    **Inclusion Recovery – Fareham Hub**

**Description**    Providing a range of interventions including advice and support, harm minimisation service and medical and psychological support. The service is for anyone aged 25\* years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.

Located at Fareham Health Centre.

**Referral Process**    Self-referral or via other agencies

**Contact**    Call 0330 124 0103 or email [f.inclusion@nhs.net](mailto:f.inclusion@nhs.net)

### **Organisation**    **Inclusion Recovery – Gosport Hub**

**Description**    Providing a range of interventions including advice and support, harm minimisation service and medical and psychological support. The service is for anyone aged 25\* years and over who is using drugs and/or alcohol or experiencing any of the problems that are associated with this.

Naloxone kits and Hep C testing also available.

Located at 5-6 The Precinct, South Street, Gosport.

**Referral Process**    Self-referral or via other agencies

**Contact**    Call 0300 124 0103 or email [g.inclusion@nhs.net](mailto:g.inclusion@nhs.net)  
[www.inclusionhants.org](http://www.inclusionhants.org)

**\*Catch 22 is working with Inclusion Recovery offering help to individuals aged 25 and under. For further information call 0845 459 9405 or email**

**[247hants@catch22.org.uk](mailto:247hants@catch22.org.uk)**

**[www.inclusionhants.org/support-for-under-25](http://www.inclusionhants.org/support-for-under-25)**



## **ALCOHOL AND DRUGS continued**

**Organisation**      **NHS Alcohol Support**

**Description**      Information on alcoholism, binge drinking and caring for someone with an alcohol problem.

**Contact**      [www.nhs.uk/live-well/alcohol-support](http://www.nhs.uk/live-well/alcohol-support)

**Organisation**      **Re-Solv**

**Description**      National programme of support and recovery work to support all those whose lives are affected by solvent abuse.

**Contact**      <https://www.re-solv.org/>

**Organisation**      **Talk to FRANK**

**Description**      National helpline providing advice and information about drugs.

**Contact**      [www.talktofrank.com](http://www.talktofrank.com)

## AUTISM

### Organisation     **Autism Hampshire**

**Description**     We provide autism-focused training, supported living services, mentoring for university students, community groups for autistic adults, and an Information, Advice and Guidance Team that responds to an average of 12,000 requests for help each year. Other services include a Local Autism Directory and community projects such as our Autism Alert Initiative.

**Contact**     Visit [autismhampshire.org.uk](http://autismhampshire.org.uk), call 01489 880 881 or email [info@autismhampshire.org.uk](mailto:info@autismhampshire.org.uk)

### Organisation     **Hampshire and Isle of Wight support for Neurodiverse families**

**Description**     Tier 2 CAMHS service which provides skills building programmes for parent/carers who have children aged 3 – 17 years that need any one of the following criteria:

- Are diagnosed with an Autistic Spectrum Condition (ASC) or
- Are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) or
- Are displaying troubling or challenging behaviour associated with mild-moderate conduct disorder or
- Are teenagers displaying anti-social behaviour including child to parent violence

**Referral Process**     At least one of the parents/carers or child must be registered with a GP surgery within Hampshire. Parents can self-refer or be referred by an agency who is working with the family. A link to our referral form and more information can be found at [www.hiowsupportforneurodiversefamilies.org.uk](http://www.hiowsupportforneurodiversefamilies.org.uk)

**Contact**     Call 01489 799178 or email [neurodiversefamilies@barnardos.co.uk](mailto:neurodiversefamilies@barnardos.co.uk)

## **BEREAVEMENT**

### **Organisation**      **Amparo**

**Description**      Providing support following a suicide in a range of ways:

- One to one individual support
- Help with any media enquiries
- Practical support when dealing the Police or Coroner
- Help overcoming feelings of isolation
- Putting you in touch with local services that can help

**Contact**      Call 0330 088 9255 or email [amparo.service@listening-ear.co.uk](mailto:amparo.service@listening-ear.co.uk)  
[www.amparo.org.uk](http://www.amparo.org.uk)

### **Organisation**      **Cruse Bereavement Support**

**Description**      Free confidential support for adults, children and young people after the death of someone close. Support is provided via telephone, email or via the internet. There is also a live chat service available; details can be found at <https://www.cruse.org.uk/get-help/crusechat>

**Contact**      Call 0808 808 1677 (Monday, Wednesday, Thursday and Friday 09:30 – 17:00 and Tuesday 13:00 – 20:00) or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
[www.cruse.org.uk](http://www.cruse.org.uk)

### **Organisation**      **Grief Encounter**

**Description**      Bereavement support for children, young people and families who are experiencing mild to moderate difficulties caused by the death of someone close.

To be eligible for specialist 1:1 help and support from a qualified therapist, you will:

- Have grief as the main presenting factor
- Be aged 4-25 years
- Be at least 4 months bereaved (referrals can be submitted at any time)
- Have a gap of at least 3 months since taking part in any other therapeutic support

**Contact**      Call 0808 802 0111 weekdays from 09:00 – 21:00 or email [grieffalk@griefencounter.org.uk](mailto:grieffalk@griefencounter.org.uk)  
[www.griefencounter.org.uk/](http://www.griefencounter.org.uk/)

## **BEREAVEMENT continued**

**Organisation**     **Simon Says Child Bereavement Support**

**Description**     Bereavement support for children, young people and their families in Hampshire.

Simon Says offers a helpline; support groups for children under 11 years and young people aged 11 – 18 years; information, resources and advice.

**Referral Process**     Self-referral is via the helpline below.

**Contact**     **Call 02380 647550 email [info@simonsays.org.uk](mailto:info@simonsays.org.uk)  
[www.simonsays.org.uk](http://www.simonsays.org.uk)**

**Organisation**     **Winston's Wish**

**Description**     Providing support, information and guidance for children and young people when someone important in their life has died.

**Contact**     **Call 08088 020 021 (Free phone number on landlines and mobiles. Open Monday - Friday 08:00 - 20:00 except National Holidays) or email [ask@winstonswish.org](mailto:ask@winstonswish.org), live chat sessions run 08:00 – 20:00 weekdays. See details of other support available on the “Get Support” section of the website: [www.winstonswish.org](http://www.winstonswish.org)**

## COUNSELLING

**Organisation**      **CALM – Campaign Against Living Miserably**

**Description**      Support for men in the UK, of any age, who are down or in crisis via a helpline, webchat and website.

**Contact**      **Call 0800 585 858 (17:00 – 00:00 365 days a year)**  
[www.thecalmzone.net](http://www.thecalmzone.net)

**Organisation**      **CIS'ters (Childhood Incest Survivors)**

**Description**      Providing emotional support for women aged 18 and over who were raped and/or sexually abused/exploited, as female children, by a member of their immediate or extended family.

**Referral Process**      Self-referral

**Contact**      **Call 02380 338080 or email [helpme@cisters.org.uk](mailto:helpme@cisters.org.uk)**  
[www.cisters.org.uk](http://www.cisters.org.uk)

**Organisation**      **Frankie Workers**

**Description**      Frankie workers provides therapeutic counselling for children and young people up to the age of 18 who have been victims of sexual abuse, sexual exploitation and female genital mutilation (FGM).

**Referral Process**      Please contact the team to ask for a referral form on the number or email below. Consent for the referral to be made to the service must be gained from the child, or their family, prior to contact being made.

**Contact**      **Call 03707 793512 or email [frankie@hants.gov.uk](mailto:frankie@hants.gov.uk)**

**Organisation**      **Harbour Cancer Support**

**Description**      Independent charity that offers practical and emotional support to anyone affected by any cancer across South East Hampshire.  
Services include drop-in centre, information, counselling, support for children, complementary therapies, coffee mornings, knit and natter group and an art therapy group.

Based at 2 Stoke Road, Gosport, PO12 1JB.

**Contact**      **Call 02392 501503 (Monday – Friday 10:00 – 16:00) or email**  
[admin@harbourcancer.org.uk](mailto:admin@harbourcancer.org.uk)  
<https://www.harbourcancer.org.uk/>

## COUNSELLING continued

### Organisation

#### **italk**

#### **Description**

Free NHS service helping people to improve their mental wellbeing. The service offers a range of support including workshops to help with relaxation and managing day to day stress, guided self-help to empower you to move forward from feeling low or overwhelmed, and treatments for conditions such as depression, anxiety, obsessive compulsive disorder, phobias and post-traumatic stress disorder. Tailored treatments to help people with long-term physical health conditions like COPD, chronic pain and diabetes to build resilience and live well are now offered.

#### **Referral Process**

Self-refer online at <https://www.italk.org.uk/self-referral/> or over the telephone.

#### **Contact**

**Call 02380 383920 (Monday – Thursday 08:00 – 18:00 and Friday 08:00 – 16:30) or email [info@italk.org.uk](mailto:info@italk.org.uk)**

### Organisation

#### **Moving on Project**

#### **Description**

Counselling service supporting young people aged 11 – 25 years old from Fareham and Gosport. Also available is a private counselling service for those with complex needs who need to be seen urgently and do not fit into the free counselling criteria.

**\*We offer counselling by telephone, virtual appointments and face to face counselling\***

#### **Referral Process**

Self-referral or via agency (agency referral must have consent of young person before referring). Call the office (leave message if no reply) and details will be taken and initial assessment booked for the young person.

#### **Contact**

**X-perience Youth Centre, Trinity Street, Fareham, PO16 7SJ  
01329 822331 or email [info@the-mop.org](mailto:info@the-mop.org) or visit [www.the-mop.org](http://www.the-mop.org)**

### Organisation

#### **PARCS - Portsmouth Abuse and Rape Counselling Service, Family Action**

#### **Description**

Providing free specialist counselling to survivors (children and adults) of sexual and/or domestic abuse (all genders, who are residents in South East Hampshire). Working within local communities to support and educate about sexual violence, with an aim to prevent and disrupt occurrences.

#### **Contact**

**To make a referral please call 02392 669513 (Monday 11:00 – 14:00, Tuesday and Thursday 16:30 - 20:00) or email [parcs@family-action.org.uk](mailto:parcs@family-action.org.uk) with any enquiries.**

## **COUNSELLING continued**

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>Relate</b>   |
| <b>Description</b>         | Relationship Counselling, Family Counselling, Children and Young People Counselling and Sex Therapy.<br><b>*Only offering appointments via Zoom or telephone at present*</b>  |
| <b>Referral Process</b>    | Self-referral via email or telephone, or using the self-referral forms on the website - <a href="http://www.relate.org.uk">www.relate.org.uk</a>  |
| <b>Contact</b>             | <b>Call 02392 827026 (Monday – Thursday 08:00 – 18:00, Friday 08:00 – 14:00 and Saturday 09:30 – 13:00) subject to change or email <a href="mailto:appointments.hampshire@relate.org.uk">appointments.hampshire@relate.org.uk</a></b> |

## **DOMESTIC ABUSE**

### **Organisation**

### **ADAPT (Accredited Domestic Abuse Prevention Training)**

### **Description**

20-week face-to-face group programme, that works with individuals who have used or are using unhealthy behaviours in an intimate relationship, and we deliver a series of interventions to help reduce the risks of domestic abuse. This programme is for men aged 18+ who want to change their abusive behaviour towards a partner and addresses physical, sexual, trust and emotional respect and the affects domestic abuse has on children. If you are assessed as suitable for the ADAPT programme, we will complete pre-group sessions, while you await a start date for the programme. The aim of this work is to provide an increased understanding of unhealthy behaviours and we will introduce repeatable tools to help implement change, which can be used as coping strategies for negative emotions. Our groups are run in Basingstoke, Eastleigh, Havant, IOW and Southampton from 18.15-20.15pm on a weekly basis.

### **Referral Process**

Self-referrals or individuals can be referred by agencies. Please be aware the current waiting lists are longer than usual. We also take referrals for females, and we have a women's group, which is 10 online sessions. We also take referrals for females, and we have a women's group, which is 10 online sessions.

### **Contact**

Call 02380 009898 or email [adapt@hamptontrust.org.uk](mailto:adapt@hamptontrust.org.uk)

### **Organisation**

### **Dogs Trust Freedom Project**

### **Description**

Providing a safe haven for dogs, over the age of 8 months, belonging to people fleeing domestic abuse. The programme offers free dog fostering until they are able to reunite with their owners. The service is free to access and Dogs Trust cover the cost of veterinary treatments, food and any equipment that the dog may need whilst in foster care. Fostering placements are offered for 6-9 months. The project is kept completely confidential so unfortunately owners aren't able to visit their dogs during the placement however owners will be sent monthly updates and pictures of how their dogs are getting along.

### **Contact**

Call 0800 298 9199 or email [freedomproject@dogstrust.org.uk](mailto:freedomproject@dogstrust.org.uk)



## **DOMESTIC ABUSE continued**

|                            |  |
|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Galop</b>   |
| <b>Description</b>         | Providing support to lesbian, gay, bisexual and transgender people experiencing domestic violence.   |
| <b>Contact</b>             | <b>National LGBT+ Domestic Abuse Helpline 0800 999 5428 (Mon – Thurs 10:00 – 20:00 except Public Holidays, Friday 10:00 – 16:00) or email <a href="mailto:help@galop.org.uk">help@galop.org.uk</a><br/><a href="http://www.galop.org.uk">www.galop.org.uk</a></b>  |
| <b><u>Organisation</u></b> | <b>Karma Nirvana</b>   |
| <b>Description</b>         | Specialist charity for victims and survivors of Honour Based Abuse in the UK.  |
| <b>Contact</b>             | <b>Call 0800 5999 247<br/><a href="http://www.karmanirvana.org.uk">www.karmanirvana.org.uk</a></b>   |
| <b><u>Organisation</u></b> | <b>ManKind Initiative</b>  |
| <b>Description</b>         | Confidential helpline for male victims of domestic abuse and domestic violence.  |
| <b>Contact</b>             | <b>Freephone 0808 8001170 or the Helpline 01823 334244 (Weekdays 10:00 – 16:00)<br/><a href="http://www.mankind.org.uk">www.mankind.org.uk</a></b>   |
| <b><u>Organisation</u></b> | <b>Men's Advice Line</b>   |
| <b>Description</b>         | Advice and support for men experiencing Domestic Violence or Abuse.  |
| <b>Contact</b>             | <b>Telephone support 0808 8010327 (Monday – Friday 10:00 – 17:00)<br/>Webchat (Wednesdays 10:00 – 11:30 and Thursdays 14:00 – 16:00)<br/>Email Support via <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a> (Monday – Friday 09:00 – 17:00)<br/><a href="http://www.mensadviceline.org.uk">www.mensadviceline.org.uk</a></b> |

## **DOMESTIC ABUSE continued**

### **Organisation**

### **National Stalking Helpline**

#### **Description**

National Stalking Helpline advisors can assist someone who is being made to feel harassed or intimidated by another person by offering information and guidance on the law in relation to stalking and harassment in the UK. Reporting stalking or harassment, effective gathering of evidence, ensuring personal safety and that of family members and friends and practical steps to reduce the risk

#### **Contact**

Call 0808 802 0300 or email [info@suzylampugh.org](mailto:info@suzylampugh.org)  
<https://www.suzylampugh.org>

### **Organisation**

### **Respect - Phoneline**

#### **Description**

Respect Phoneline is a confidential helpline, email and webchat service for domestic abuse perpetrators and those supporting them. We support men and women who are using abuse in same-sex or heterosexual relationships. The helpline is for anyone who's concerned about their use of violence and abuse towards their partner, and for those supporting them: concerned friends or family members, Frontline Workers assisting abusers, are all welcome to call us for information and support.

#### **Contact**

Telephone support 0808 8024040 (Monday – Friday 10:00 – 17:00)  
Webchat [www.respectphoneline.org.uk](http://www.respectphoneline.org.uk) (Thursdays 14:00 – 16:00)  
Email support via [info@respectphoneline.org.uk](mailto:info@respectphoneline.org.uk) (Monday – Friday 09:00 – 17:00)  
[www.respectphoneline.org.uk](http://www.respectphoneline.org.uk)

### **Organisation**

### **Safeline**

#### **Description**

Providing a comprehensive range of specialist, best practice services to adults and children affected by or at risk of sexual violence.

#### **Contact**

Call 01926 402498  
<https://safeline.org.uk/>

### **Organisation**

### **SignHealth**

#### **Description**

Domestic Abuse support service for deaf people in British Sign Language.

#### **Contact**

WhatsApp or FaceTime 07970 350366  
Call 0203 9472 601 or email [da@signhealth.org.uk](mailto:da@signhealth.org.uk)

## **DOMESTIC ABUSE continued**

### **Organisation**

#### **Stop Domestic Abuse**

##### **Description**

Stop Domestic Abuse offers a confidential support service to everyone affected by domestic abuse.

- Refuge accommodation
- Community based one-to-one for adults
- Specialist children and young people service providing one-to-one and group work
- Up2U – Behaviour change programmes for those using abusive and unhealthy behaviour
- Target Hardening
- Teenage Intimate Partner Abuse specialist
- Adult group work – delivered face to face and virtually
- Community Development Worker Harmful Cultural Practices
- Mental Health Support Worker

Stop Domestic Abuse also offer training for professionals about domestic abuse, female genital mutilation and harmful cultural practices.

##### **Contact**

**Advice Line for victims and professionals: 0330 0533 630 (Monday – Thursday 09:30 – 17:30 and Friday 09:30 – 17:00) or email [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)**

### **Organisation**

#### **The Hideout**

##### **Description**

Women's Aid have created The Hideout, a space to help children and young people to understand domestic abuse and how to take positive action if it is happening to them.

##### **Contact**

**[http://thehideout.org.uk/](http://thehideout.org.uk)**

### **Organisation**

#### **The National Association for People Abused in Childhood (NAPAC)**

##### **Description**

NAPAC provides a national Freephone support line for adults who have suffered any type of abuse in childhood.

##### **Contact**

**Call 0808 801 0331 (Monday – Thursday 10:00 – 21:00 and Friday 10:00 – 18:00) or email [support@napac.org.uk](mailto:support@napac.org.uk)  
[www.napac.org.uk](http://www.napac.org.uk)**

## **DOMESTIC ABUSE continued**

### **Organisation**

### **Yellow Door**

### **Description**

Preventing and responding to domestic and sexual abuse. Offering a wide range of specialist therapeutic, support and prevention services to anyone at risk from or affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm.

### **Contact**

**Call 02380 636312 (Monday – Thursday 09:00 – 17.00 and Friday 09:00 – 16:00) or the Helpline on 02380 636313 (Wednesday 16:00 – 19:00) or email [info@yellowdoor.org.uk](mailto:info@yellowdoor.org.uk)  
<https://yellowdoor.org.uk/>**

### **Organisation**

### **Youth Options**

### **Description**

10 weekly practical parent group session providing non-violent resistance strategies and guidance for parents/carers with children who show violent, aggressive, controlling or self-destructive behaviour (aged 5 – 17 years).

### **Contact**

**Call 02394 213678 or email [jemmacowley@youthoptions.org.uk](mailto:jemmacowley@youthoptions.org.uk)**

## **EATING DISORDERS**

### **Organisation**     **Beat – Eating disorders**

**Description**     We are a champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered.

**Contact**     **0808 801 0677 – Helpline [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)**  
**(Helplines are open 365 days a year from 9:00 – 00:00 during the week and 16:00 – 00:00 on weekends and Bank Holidays)**  
**General enquiries [info@beateatingdisorders.org.uk](mailto:info@beateatingdisorders.org.uk)**  
**[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)**

### **Organisation**     **Talk ED**

**Description**     National charity supporting anyone affected by any eating disorder or eating distress. Offering 1:1 and nutritional guidance calls and peer support groups.

**Contact**     **<https://www.talk-ed.org.uk/>**

## **EDUCATION**

**Organisation**      **Bridgemary School**

**Description**      Secondary School located on Wych Lane.

**Contact**      Call 01329 319966 or email [school@bridgemary-tkat.org](mailto:school@bridgemary-tkat.org)

**Organisation**      **Hampshire County Council Participation & Lifelong Learning**

**Description**      A pilot programme of SEND Employability Hubs are available across Hampshire and focus on supporting young people to gain the skills, confidence and experience needed to gain independent and positive progressions into employment. Hubs are delivered for young people from Year 12 with an EHCP via eight college sites across Hampshire. St Vincent College and Fareham College are currently the closest hub sites for Gosport. Visit the link below for more details:

<https://www.hants.gov.uk/educationandlearning/hampshirefutures/send-employability-hub>

**Contact:**      **Contact St Vincent** [mwilliams@stvincent.ac.uk](mailto:mwilliams@stvincent.ac.uk) or [jwandless@stvincent.ac.uk](mailto:jwandless@stvincent.ac.uk) or Participation and Lifelong Learning [candice.reynolds@hants.gov.uk](mailto:candice.reynolds@hants.gov.uk)

**Organisation**      **Hampshire County Council Skills and Participation -  
Supported Internship**

**Description**      Supported Internship is a flexible programme for young people with an Education Health Care Plan (EHCP) that supports and prepares them for the world of work and aims to move them into paid employment at the end of the programme. Whilst on the programme the intern is supported to develop appropriate behaviours for work, improve their Maths and English and helping them learn skills for independence. Interns are supported both in class and in the workplace by Skills Coaches who help prepare them for independence in the workplace.

**Contact**      Call 01962 846193 or email [jon.tebbutt@hants.gov.uk](mailto:jon.tebbutt@hants.gov.uk)

## **EDUCATION continued**

**Organisation**      **Kings Academy Brune Park Community School**

**Description**      Secondary School located on Military Road.

**Contact**      Call 02392 616000 or email [enquiries@kgabrunepark.uk](mailto:enquiries@kgabrunepark.uk)

**Organisation**      **Kings Academy Bay House School & Sixth Form**

**Description**      Secondary School and Sixth Form based in Alverstoke.

**Contact**      Secondary School 02392 587931 and Sixth Form 02392 505276 or email [enquiries@kgabayhouse.uk](mailto:enquiries@kgabayhouse.uk)

**Organisation**      **Lord Wilson School**

**Description**      Education for secondary aged boys with Behavioural, Emotional and Social Difficulties (BESD)

**Referral Process**      Need Statement of Special educational Needs for BESD, referral through Hampshire Children's Services (Education).

**Contact**      Call 01489 582684 or email [enquiries@lordwilson.org.uk](mailto:enquiries@lordwilson.org.uk)

**Organisation**      **Plan B**

**Description**      Working with young people from Hampshire and surrounding South East areas of the UK, the organisation will support children and young adults who are, for whatever reason, unable to engage with mainstream education. The organisation's philosophy is simple. Plan A (mainstream education) is not working, so Plan B (alternative provision) must be different. The highly experienced, caring and empathetic staff offer the students a 'place to belong' by delivering vocational education as a basis of engagement and training which can lead into a route to employability for our Post 16 students based around the diverse local marine industry, giving skills for life from a young age which are also easily transferable into other industries. In addition, it also supports curriculum based core subjects such as Maths and English by applying them to everyday life through good communication and applied applications, all with a vision to help support the children and young adults feel empowered as they transition into further education, employment and training.

**Contact**      Call 02394 008561 or email [info@theplan-b.org](mailto:info@theplan-b.org)  
[www.theplan-b.org](http://www.theplan-b.org)

## **EDUCATION continued**

### **Organisation**    **Primary Behaviour Service**

**Description**    The Primary Behaviour Service primarily works with Hampshire mainstream primary schools. This includes children who live in a bordering local authority but attend a Hampshire primary school.

By providing early, targeted support through a child-centred approach, the service aims to:

- remove barriers to learning
- help children get the most from their education
- reduce exclusion

**Referral Process**    Access to the service is only available via a referral from a Hampshire Primary School.

**Contact**    **Call Martina Mackett 01329 281890 or email**  
[martina.mackett@hants.gov.uk](mailto:martina.mackett@hants.gov.uk)

### **Organisation**    **St Vincent College**

**Description**    College located on Mill Lane, PO12 4QA.

**Contact**    **Call 02392 588311 or email** [info@stvincent.ac.uk](mailto:info@stvincent.ac.uk)

### **Organisation**    **The Key Education Centre**

**Description**    Offers education to children who are temporarily unable to attend school because of the following:

Permanent exclusions;

At risk of being permanently excluded;

Emotionally vulnerable

Facing an absence of 15+ continuous school days due to ill health.

**Referral Process**    Made by Head teachers.

**Contact**    **02392 528653 or email** [adminoffice@thekey.hants.sch.uk](mailto:adminoffice@thekey.hants.sch.uk)



## **EMPLOYMENT**

### **Organisation**     **Hampshire Futures**

#### **Description**

Offering individualised support to help young people access employment, education, and training opportunities. Specialising in supporting vulnerable young people in Year 12 and 13 (aged 16-18) across Hampshire.

If you're currently not enrolled in education or training, or are unemployed, we're here to help. We offer support that can help you find the right path for your future. Our team can work with you to identify your strengths, interests, and goals, and help you develop a plan to achieve them.

Support can include:

- One to one support from a dedicated progression coach.
- Assistance in developing employability skills such as CV writing, interview preparation, and completing job applications.
- Guidance in understanding the full range of opportunities available, including college, employment, apprenticeships, traineeships and supported internships.
- Working closely with relevant stakeholders to identify and overcome potential barriers to your success.

#### **Contact**

**Call 01962 846193.**

## **EMPLOYMENT continued**

### **Organisation**     **IGNITE Project**

**Description**     If someone is struggling to find the motivation to kick start their career path then the IGNITE programme can offer individualised support and guidance. Available for anyone aged 16 – 99 years who is not in education, employment or training.

The IGNITE programme will help break down the barriers that prevent individuals from getting the most out of their life. For 3 to 6 months a mentor will build a brilliant working relationships and, through focused conversations, shine light on any hurdles individuals may be experiencing that are holding them back.

**Contact**     **Call the Motiv8 office on 02392 525026**

### **Organisation**     **National Careers Service**

**Description**     Offering free and impartial information, advice and guidance to help to support and enable people to make informed decisions about careers, courses and work. The service offers help to individuals to:

- Explore options and career aspirations
- Understand the local job market
- Develop or enhance CVs
- Search and apply for jobs
- Apply for apprenticeships, training and learning
- Identify key strengths and skills
- Develop an action plan to help individuals achieve their goals

**Contact**     **Call 0800 100 900 or visit <https://nationalcareers.service.gov.uk/> for further information**

### **Organisation**     **Your Future**

**Description**     Help for young adults who have left school, to realise their skills and abilities, support with job application forms and CV's, help with applying for jobs and apprenticeships and finding training courses.

**Contact**     **<https://www.hants.gov.uk/educationandlearning/yourfuture>**

## **ENFORCEMENT**

**Organisation**     **Fareham & Gosport Environmental Health Partnership**  
**Description**     Statutory enforcement of neighbour nuisance issues e.g. noise including loud music, dog barking and other anti-social noise.  
**Contact**           **Call 01329 824399 or email [gosportehsupport@fareham.gov.uk](mailto:gosportehsupport@fareham.gov.uk)**  
                             **Out of hours: 0800 374485**

**Organisation**     **Neighbourhood Police Teams**  
**Description**     **Gosport East** covers Alverstoke, Anglesey, Town, Christchurch and Hardway.  
                             **Gosport Central** covers Elson, Forton, Brockhurst, Leesland and Privett.  
                             **Gosport West and Lee** covers Rowner and Holbrook, Peel Common, Bridgemary, Grange and Lee-on-the-Solent.  
**Contact**           **Call 101 or email [gosport.police@hampshire.police.uk](mailto:gosport.police@hampshire.police.uk)**

**Organisation**     **Streetscene**  
**Description**     Statutory enforcement of littering, fly tipping, dog fouling, smoking in vehicles, trade waste agreements and waste carrier licences under the Clean Neighbourhoods Act.  
**Contact**           **Call 08000 198598 or email [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk)**

## **FAMILY SUPPORT/PARENTING**

### **Organisation**

### **ACE's Recovery Toolkit**

#### **Description**

10 week course created to inform and educate parents about the impact of Adverse Childhood Experience's (ACE's) on them and their children. The programme works with people who have experienced ACEs that have resulted in emotional trauma, and aims to assist parents at looking at ways of developing positive lifestyle changes.

#### **The course aims and outcomes are:**

- Understanding the impact that living with ACEs has on the individual and their children
- To develop strategies for building resilience for themselves and their children
- Increased understanding and implementation of healthy living skills
- To develop the tools to mitigate the impact of ACEs on themselves and their children
- To have increased self-esteem
- To develop strategies to continue to develop their families resilience

#### **Referral Process**

By referral only

#### **Contact**

Call 0370 779 4258 or email [f&g.earlyhelp@hants.gov.uk](mailto:f&g.earlyhelp@hants.gov.uk)

### **Organisation**

### **Citizens Advice Gosport**

#### **Description**

Free, confidential, independent and impartial advice charity providing advice on debt, benefits, housing, family, employment, consumer, immigration, health and the legal system.

#### **Contact**

**For appointments and all other queries**

[www.citizensadvicegosport.org.uk](http://www.citizensadvicegosport.org.uk)

### **Organisation**

### **Elizabeth Foundation**

#### **Description**

The Elizabeth Foundation facilitates early diagnosis for babies and pre-school children with all degrees of deafness and provides comprehensive education and support services for them and their family.

#### **Referral Process**

Self-referrals or referrals from professionals.

#### **Contact**

Call 02392 372735 or email [julie.hughes@elizabeth-foundation.org](mailto:julie.hughes@elizabeth-foundation.org)

## **FAMILY SUPPORT/PARENTING continued**

### **Organisation**      **Family Links Nurturing Programme**

**Description**      Ten week nurturing programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course aims is to help parents understand their emotions in order to manage feelings and behaviour of children. The family will become more positive and nurturing in their relationships with their children and each other.

**Referral Process**      By referral only.

**Contact**      Email [f&g.earlyhelp@hants.gov.uk](mailto:f&g.earlyhelp@hants.gov.uk)

### **Organisation**      **Family Lives**

**Description**      Free, confidential and non-judgemental emotional support, advice, information and guidance on any aspect of parenting and family life to all family members.

**Contact**      **Family Lives Helpline 0808 800 2222 (Monday – Friday 09:00 – 21:00 and Saturday – Sunday 10:00 – 15:00)**

Family Lives email [askus@familylives.org.uk](mailto:askus@familylives.org.uk) (emails are answered between 09:00 – 19:00 Monday – Friday)

Family Lives Live Chat [www.familylives.org.uk](http://www.familylives.org.uk) (Monday – Friday 10:30 – 21:00)

<https://www.familylives.org.uk/how-we-can-help>

### **Organisation**      **Gingerbread**

**Description**      Charity that helps single parent families with expert advice, practical support and campaign for single mums and dads. Gingerbread offers ways to connect with other people going through the same thing.

**Contact**      **Single parent helpline 0808 802 0925 or email**

[peersupport@gingerbread.org.uk](mailto:peersupport@gingerbread.org.uk) (this email address is only for enquiries about the single parent friendships group and the online forum. If single parents need advice they should contact the single parents helpline or use the web chat service on the website).

[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## **FAMILY SUPPORT/PARENTING continued**

**Organisation**      **Fareham and Gosport Family Help**

**Description**      The service will offer targeted early help interventions using a whole family approach through voluntary engagement to bring about positive, sustainable change through a multi-agency approach.

**Referral Process**      Through completing the Inter Agency Referral form via HCC.

**Contact**      Call 0370 779 4258 or email [f.g.fssadmin@hants.gov.uk](mailto:f.g.fssadmin@hants.gov.uk)

**Organisation**      **Hampshire and Isle of Wight support for Neurodiverse families**

**Description**      Tier 2 CAMHS service which provides skills building programmes for parent/carers who have children aged 3 – 17 years that need any one of the following criteria:

- Are diagnosed with an Autistic Spectrum Condition (ASC) or
- Are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) or
- Are displaying troubling or challenging behaviour associated with mild-moderate conduct disorder or
- Are teenagers displaying anti-social behaviour including child to parent violence

**Referral Process**      At least one of the parents/carers or child must be registered with a GP surgery within Hampshire. Parents can self-refer or be referred by an agency who is working with the family. A link to our referral form and more information can be found at [www.hiowsupportforneurodiversefamilies.org.uk](http://www.hiowsupportforneurodiversefamilies.org.uk)

**Contact**      Call 01489 799178 or email [neurodiversefamilies@barnardos.co.uk](mailto:neurodiversefamilies@barnardos.co.uk)

## **FAMILY SUPPORT/PARENTING continued**

### **Organisation**

**Hampshire Parent Carer Network (HPCN), Futures in Mind**

### **Description**

Working in partnership with local authorities, including Hampshire County Council across many departments, such as the SEND Department, School Transport and others, the NHS, and CAMHS.

**Participation work:** We receive invitations to participate in meetings with the primary objective of sharing the experiences of parent carers. These meetings aim to foster a shared understanding between professionals and parents regarding the effectiveness of local services for children with disabilities.

**Future in Mind Workshops:** This service enables parents and carers to meet with CAMHS professionals and other organisations to receive support while on the waiting list for services or further along in your journey. Sessions are held online and in person across the county and these sessions will need to be booked using our ticket tailor tab on this link: <https://linktr.ee/hpcn.org.uk>

**Get Together Sessions:** For parent carers of children and young people (0-25 years old) with any additional needs (diagnosis not needed) to share experiences, discuss local issues and enjoy a cuppa with other parents at our non-judgemental, friendly, and relaxed sessions. They provide the opportunity to share your views about the services that support our children and young people. Get Togethers frequently, we have guest speakers from Hampshire SENDIASS who are available to provide guidance and assistance and some 1:1 clinics. Additionally, the Hampshire SEN team will be present at select sessions throughout Hampshire, allowing some of you to engage in 1:1 discussions with a team member who can support your child or young person's specific needs. Stay updated on our social media and calendar for announcements regarding the dates when these services will be participating in our Get Togethers. Our sessions are running in areas across Hampshire, including some zoom sessions for those that are unable to attend face to face and an Under 5's online session also.

**Bridging the Gap:** Conducting workshops designed to offer assistance to parent carers whose young people, aged 16-25 with SEND, are in the process of transitioning from child to adult services. These transition phases can present unique challenges, and our workshops are dedicated to providing valuable guidance, resources, and information to facilitate this journey.

### **Contact**

**All contact info on Linktree:** <https://linktr.ee/hpcn.org.uk>  
or email [information@hampshiresendiass.co.uk](mailto:information@hampshiresendiass.co.uk)

## **FAMILY SUPPORT/PARENTING continued**

|                            |  |
|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Hampshire SENDIASS</b>  |
| <b>Description</b>         | An impartial Special Educational Needs and Disability Information, Advice and Support Service in Hampshire The service offers a single point of contact for children and young people with special educational needs and/or disability (SEND) and their parents and carers. Links to further information, advice and support can be found on their website or by contacting Hampshire SENDIASS directly.   |
| <b>Contact</b>             | Call 0808 164 5504 or email <a href="mailto:info@hampshiresendiass.co.uk">info@hampshiresendiass.co.uk</a><br><a href="https://www.hampshiresendiass.co.uk">https://www.hampshiresendiass.co.uk</a>  |
| <b><u>Organisation</u></b> | <b>Healthier Together</b>  |
| <b>Description</b>         | Developed by healthcare professionals the website details clear information on common childhood illnesses, including advice on what 'reg flag' signs to look out for, what you should do to keep a child comfortable, how long a child's symptoms are likely to last and where to seek help.   |
| <b>Contact</b>             | <a href="http://www.what0-18.nhs.uk">www.what0-18.nhs.uk</a>   |
| <b><u>Organisation</u></b> | <b>Home Start Hampshire</b>  |
| <b>Description</b>         | Support for any parent living in Gosport that has one or more child under the age of eleven and would like help during a difficult time in their life including post-natal depression, bereavement, isolation, feeling exhausted, coping with an illness or disability and relationship difficulties.<br>Focused support available for families with one or more parent service in the Royal Navy or Royal Marines, living in the Gosport or Fareham area. |
| <b>Referral Process</b>    | Referrals can be made by downloading a referral form from the website.   |
| <b>Contact</b>             | Call 0330 1242095 (Monday – Friday 09:00 – 16:30) or email <a href="mailto:familysupport@hshants.org.uk">familysupport@hshants.org.uk</a><br><a href="http://www.home-starthampshire.org.uk">www.home-starthampshire.org.uk</a>  |
| <b><u>Organisation</u></b> | <b>Life with your teenager</b>   |
| <b>Description</b>         | Targeted four week course aimed at families with teenagers.  |
| <b>Referral Process</b>    | By referral only.  |
| <b>Contact</b>             | Email <a href="mailto:f&amp;g.earlyhelp@hants.gov.uk">f&amp;g.earlyhelp@hants.gov.uk</a>   |



## **FAMILY SUPPORT/PARENTING continued**

|                            |  |
|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Neurodivergent Programme, Gosport Leisure Centre</b>  |
| <b>Description</b>         | New classes and activities that are suitable for Neurodivergent families meaning there will be fewer people in each session. Classes and activities include SEN activity play and bounce, SEN Pilates and SEN Swimming.  |
| <b>Contact</b>             | Call <b>02392 534950</b> or visit<br><a href="https://www.placesleisure.org/centres/gosport-leisure-centre">https://www.placesleisure.org/centres/gosport-leisure-centre</a>   |
| <b><u>Organisation</u></b> | <b>Portage</b>   |
| <b>Description</b>         | <p>Portage is for Early Years children who have a significant developmental delay (by approximately one third of the child's age). There must be a delay in at least two different skill areas, one of which must include communication and interaction, cognition or learning, social, emotional and mental health</p> <p>For example, this could be:</p> <ul style="list-style-type: none"><li>• A child with social, communication and interaction difficulties and no expressive language.</li><li>• A child with moderate or severe global developmental delay.</li><li>• A child who requires intensive support with challenging behaviours, significantly above those you would expect for a child of that age and which may indicate an unmet special educational need.</li></ul> <p>The service will be delivered through Portage visits into the home and/or the child's Early Years Setting. All work will be carried out in coproduction with parents.</p> |
| <b>Contact</b>             | <b>Requests for Portage support will only be accepted online:</b><br><a href="https://forms.office.com/Pages/ResponsePage.aspx?id=tdiBPwfuF0yGnB20OQGNmxVLJEhMgZ9HIZvtcXvzryxUNIZONEIYMUZQNFZGVzdNTUEwMThYMDVFi4u">https://forms.office.com/Pages/ResponsePage.aspx?id=tdiBPwfuF0yGnB20OQGNmxVLJEhMgZ9HIZvtcXvzryxUNIZONEIYMUZQNFZGVzdNTUEwMThYMDVFi4u</a>   |

## **FAMILY SUPPORT/PARENTING continued**

### **Organisation**

### **School Uniform Project**

#### **Description**

Drop into the project to look at the current supply of uniform available. The project also accepts donations of any unwanted or outgrown school uniform items for schools in Gosport, both junior and senior schools.

Supply may be limited to one uniform per child if current demand is high.

Open Monday – Friday 09:00 – 17:00 and Saturday 09:00 – 16.00

#### **Contact**

Call **02392 583050** or email [enquiries@jacobswellcarecentre.co.uk](mailto:enquiries@jacobswellcarecentre.co.uk)

### **Organisation**

### **Solihull Approach**

#### **Description**

Hampshire County Council's partnership with the Solihull Approach. Free online courses offering advice and practical tips to boost your confidence as a parent or carer, help you navigate family life and strengthen your relationships.

#### **Contact**

Visit <https://inourplace.co.uk> and select 'Apply Access Code'. Enter the access code **FAMILY**, enter your information and select the relevant course.

### **Organisation**

### **The Roberts Centre – Family Intervention Project (FIP)**

#### **Description**

The service works intensively with council tenants at risk of losing their home due to anti-social behaviour or issues which impact on their tenancy including: neighbour issues, substance misuse, mental health, domestic abuse, financial pressures, school attendance and parenting difficulties. Key workers support clients to work through their issues and remain engaged to empower clients to make permanent and positive changes in their lives.

#### **Referral process**

Referrals will be accepted from Gosport Borough Council.

#### **Contact**

Call **02392 296919** or email [info@robertscentre.org.uk](mailto:info@robertscentre.org.uk)  
[www.robertscentre.org.uk](http://www.robertscentre.org.uk)

## **FAMILY SUPPORT/PARENTING continued**

### **Organisation**

### **Tots Talking**

### **Description**

10 week virtual programme developed with parents to improve the language skills of two year olds:

- Aim of getting parents to talk more to their two-year olds so that their children will talk more and so be ready to do well at nursery and school.
- Encouraging parents to use more contingent language behaviours by following the child's lead, using commentary on activities rather than asking questions and giving instructions.

**\*Courses will be delivered virtually\***

### **Contact**

Email [f&g.earlyhelp@hants.gov.uk](mailto:f&g.earlyhelp@hants.gov.uk)

## **FOOD PROVISIONS AND ESSENTIALS**

**Organisation**      **Acts of Kindness Community Solent**

**Description**      Helping those in need of support such as food parcels, clothes, basic furniture and more.

**Contact**            **Call 02393 812868 from Monday - Thursday 10:00 – 13:00 and Friday from 10:00 – 12:00 or email [info@aoksolent.co.uk](mailto:info@aoksolent.co.uk). In a genuine welfare emergency, out of hours call 07881 674196.**

**Organisation**      **Caring Hands Food Bank**

**Description**      Supporting individuals and families with food hampers and signposting them to other agencies/projects who can help improve their current situation.

**Contact**            **Call 0300 302 0090 or email [community.gosport@family.church](mailto:community.gosport@family.church)  
<https://family.church/foodbank-gosport/>**

**Organisation**      **Chill n Chat, St Faith's Church**

**Description**      Chill n Chat offers CAP advice, refreshments, pastoral care and craft for adult mental health and wellbeing £2.00pp from June 2024  
Based at Tribe Road, Gosport, PO12 3NS

**Contact**            **Call 02392 580551 or email [parishadmin@alverstoke.church](mailto:parishadmin@alverstoke.church)**

**Organisation**      **Crisis Food Gosport**

**Description**      Supporting local families and those in need with food hampers which include ingredients to help make healthy meals.

**Referral Process**      Hampers are available Thursday afternoon for collection and Friday for delivery.

**Contact**            **Call Charlotte Blake 07474 019418 or email [crisisfoodgosport@gmail.com](mailto:crisisfoodgosport@gmail.com)**

## **FOOD PROVISIONS AND ESSENTIALS continued**

### **Organisation      **Fareshare Mobile Larder****

**Description**      Membership scheme aimed at helping people make their money go further by reducing food shopping bills. Members are required to attend the larder on a weekly basis and pay their membership fee. Located at Bridgemaury Library, Monday afternoons from 13:30 – 14:30 hours.

**Contact**      Email [FSSouthernCentral@fareshare.org.uk](mailto:FSSouthernCentral@fareshare.org.uk) to request an application form

### **Organisation      **Furniture Showroom****

**Description**      Large warehouse of good quality pre-owned furniture at affordable prices. There is also a range of electrical appliances, bedding and other household items.

Based at Jacob's Well Care Centre, Unit 1 Toronto Place, Gosport PO12 4UZ.

The Centre will collect items that are no longer wanted or needed, fix them up and sell them to fund community projects.

**Referral Process**      Hampers are available Thursday afternoon for collection and Friday for delivery.

**Contact**      Call 02392 583050 or email [enquiries@jacobswellcarecentre.co.uk](mailto:enquiries@jacobswellcarecentre.co.uk)

### **Organisation      **Gosport Basics Bank****

**Description**      Provides short term practical support to anyone in crisis or emergency situation. We aim to do this without creating dependency and so that we can help as many people as possible. Collect food parcels from premises located at Unit 1, The Old Railway, Spring Garden Lane, Gosport, PO12 1FQ. Open Monday, Wednesday, and Friday 11am to 2pm. There is no charge for this service.

**Referral Process**      To access the service a voucher is required. Contact Gosport Citizen's Advice Bureau (on 02392 520112) or your support worker.

**Contact**      Call 07708 305795 or email [enquiries@friendsofthehomeless.org.uk](mailto:enquiries@friendsofthehomeless.org.uk)  
<https://www.friendsofthehomeless.org.uk>  
[www.facebook.com/farehamandgosportbasicsbank](https://www.facebook.com/farehamandgosportbasicsbank)

## **FOOD PROVISIONS AND ESSENTIALS continued**

### **Organisation**      **Gosport Food Pantry**

**Description**      Community Pantry is aimed at people struggling to feed themselves. People apply to be a member and can then shop once a week. They can select from the food available (using some parameters) and pay £5 with food valuing approx. £15.

Operating from Gosport Borough Football Club in Privett Road, the pantry is open Wednesday 10:00 – 14:00 and Friday 09:00 – 13:00.

**Contact**      Call 07800 597582 or email [gbfcfeedafamily@gmail.com](mailto:gbfcfeedafamily@gmail.com)

### **Organisation**      **Hub4Stuff**

**Description**      Re-uses, recycles and upcycles household items and supplies furniture and other household goods to people on low incomes.

**Contact**      Call 07387 364240 or email [thehub4stuff@gmail.com](mailto:thehub4stuff@gmail.com)  
[www.hub4stuff.co.uk/](http://www.hub4stuff.co.uk/)

### **Organisation**      **St Faith's Church Hall**

**Description**      Provides a warm space every 3<sup>rd</sup> Wednesday from 15:00 – 17:00 at a cost of £1 per family or individual offering:

Hot meal provided, refreshments, bag of food from a food bank, bag of children's clothes and crafts for children

Based at Tribe Road, Gosport, PO12 3NS

**Contact**      Call 02392 580551 or email [parishadmin@alverstoke.church](mailto:parishadmin@alverstoke.church)

### **Organisation**      **The Store Cupboard**

**Description**      The Jacob's Well Store Cupboard is open most days (closed on Wednesday) to anyone with a Gosport postcode. Registration is required, you are then asked to attend every other week. An additional assessment is required if a client is presenting with a need to visit weekly. The Store Cupboard is more than just food and they try to keep a store of other products to hand, if you're in need of something, please ask a member of staff.

Based at Jacob's Well Care Centre, Unit 1 Toronto Place, Gosport, PO12 4UZ.

**Referral process**      Self-referral and referrals from agencies.

**Contact**      Call 02392 583 050 or e-mail [enquiries@jacobswellcarecentre.co.uk](mailto:enquiries@jacobswellcarecentre.co.uk)  
[www.jacobswell.charity](http://www.jacobswell.charity)

## **FOOD PROVISIONS AND ESSENTIALS continued**

**Organisation**

**Trash Cafe**

**Description**

Aiming to save good food from going to waste. Visit the shop and you decide the value of the food by paying in time, cash, skills or item donations.

Based at 14 South Street, Gosport, PO12 1ES. Opening times:

Monday, Tuesday, Thursday and Friday – 10:00 -12:00

Wednesday – 17:00 – 19:00

Saturday – 09:00 – 12:00

Sunday – Currently closed for maintenance

**Contact**

Call 02392 528096 or email [chloe@trashcafe.com](mailto:chloe@trashcafe.com)  
[//trashcafe.com/](http://trashcafe.com/)

## **FORCES/VETERAN SUPPORT**

### **Organisation**

### **Alabaré Homes for Veterans**

### **Description**

Alabaré aim to end homelessness for Veterans by providing a pathway of accommodation and support to enable a successful transition to civilian life. Alabaré provide quality accommodation, key worker support, help accessing employment, training and voluntary work, help with drug and alcohol misuse and volunteer befrienders.

### **Contact**

Call 01722 322882 or email [enquiries@alabare.co.uk](mailto:enquiries@alabare.co.uk)

### **Organisation**

### **FirstLight Trust**

### **Description**

Charity for Veterans, those leaving the Armed Forces and Emergency Services offering assistance with:

- Housing, Benefits/Debt problems
- Rehabilitation and support for drug and alcohol problems
- Pensions/Allowances
- Volunteering work, Writing CV's and getting back to work
- Support in getting the right medical treatment

**For any support, please contact Sam Fry on 07881 232597 to book an appointment**

Weekly activities for veterans to cut down on isolation and loneliness for improved well-being and mental health:

- Monday - Cookery session 13:00 – 15:00
- Tuesday - allotment project Gaining Growth for veterans 10:00 – 12:30
- Tuesday - Model club 13:00 – 15:00
- Wednesday - Coffee and chat 10:00 – 11:30
- Every 3<sup>rd</sup> Wednesday of the month – Walking group at 13:00
- Thursday - Cycle sessions 10:00 – 12:00
- Thursday (last Thursday of the month) – Alternate quiz and bingo 18:30 – 20:00.

All activities are pre book only

**If you would like to attended any of these activities please call Riah Bunce on 07388954967**

The FirstLight Trust hub in Gosport is based at 68 High Street, Gosport.

### **Contact**

Call 02392 583099 or email [enquiries@firstlighttrust.co.uk](mailto:enquiries@firstlighttrust.co.uk)



## **FORCES/VETERAN SUPPORT continued**

### **Organisation**

#### **Forces for families**

### **Description**

Free and confidential advice for armed forces families provided by Citizens Advice. Advice can cover any area such as Benefits and tax credit, universal credit, debt, housing and family matters. Also offering video consultations if requested.

### **Contact**

Call 01252 749263 or email [joiningforces@hartcab.cabnet.org.uk](mailto:joiningforces@hartcab.cabnet.org.uk) or <http://citizensadvicehart.org.uk/joining-forces-for-families/>

### **Organisation**

#### **OP Courage (TILS)**

### **Description**

TILS is a specialist military informed community service offering assessment and support for armed forces veterans experiencing a variety of challenges post-discharge. The primary goal is to quickly and accurately assess what support you might need and then to liaise with the services who can give that support.

TILS can offer short-term interventions, guidance and support while waiting for other services.

### **Referral process**

For a referral into TILS, veterans must:

- Be a resident in England;
- Have served in the UK Armed Forces (regular or reserve) for a least one day (regardless of when they left) and be able to provide their military service number or another form of acceptable proof of eligibility;
- Be registered or able to register with a GP practice in England.

Those currently serving in the armed forces must:

- Have a discharge date from the Ministry of Defence within 3 months of the referral and have an identified mental health difficulty.

Link below to the TILS service and online referral form:

<https://www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/veterans-mental-health-and-wellbeing-service-op-courage/>

### **Contact**

Call 0118 214 3262 (Monday - Friday 09:00 – 17:00) or email [sc.veterans@nhs.net](mailto:sc.veterans@nhs.net)

## **FORCES/VETERAN SUPPORT continued**

**Organisation**      **Op Nova**

**Description**      Delivered by the Forces Employment Charity and commissioned by NHS England, Project Nova provides support for veterans who are in contact with the justice system, enabling them to access the services they need.

**Contact**      **Call the Central Support Team on 0800 9177 299 (Monday – Friday 08:00 – 20:00 and Saturday 08:00 – 14:00) or email [opnova@forcesemployment.org.uk](mailto:opnova@forcesemployment.org.uk)**

**Organisation**      **SSAFA**

**Description**      Lifelong support for our Forces and their families. There are two criteria for assistance: eligibility and need. The charity has volunteer caseworkers who can make home visits. They provide practical support, such as requesting help to purchase essential items, assistance with relocation costs, or signpost for help with financial problems including debt. Help towards re-training course costs and personal support may be considered.

**Contact**      **Email [Gosport.division@ssafa.org.uk](mailto:Gosport.division@ssafa.org.uk) giving full contact details or call 02392 523401. [www.ssafa.org.uk](http://www.ssafa.org.uk)**

**Organisation**      **SSAFA Stepping Stone Home**

**Description**      SSAFA's Stepping Stone Home based in the South of England provides short-term supported accommodation, help and advice to female service or ex-serving personnel, the female spouses or partners of serving or ex-serving personnel, and their dependent children. Support is also provided to women without children or whose children may be living elsewhere temporarily, those seeking accommodation due to welfare needs and Foreign & Commonwealth cases. Outreach support to women in the community (military) who may require advice and support is also provided.

Each case will be considered individually. Suitable candidates will have no serious or violent criminal convictions and no alcohol or substance dependencies/misuse. These are female only facilities and do not permit male residents over the age of 18.

**Referral Process**      Applications will be considered on an individual basis.

**Contact**      **Call 0208 4210866 or email [steppingstones@ssafa.org.uk](mailto:steppingstones@ssafa.org.uk)**

## **FORCES/VETERAN SUPPORT continued**

**Organisation**

**Seafarers Link**

**Description**

Free group telephone calls for anyone aged 60 years and over who would benefit from a friendly chat and has a seafaring background or is connected to seafaring in some way. Calls take place each week and are facilitated by a trained volunteer. Calls are 45 minutes long and offer a free, safe and friendly environment.

**Contact**

Call 0800 434 6105 or email [groupfriendship@ageuk.org.uk](mailto:groupfriendship@ageuk.org.uk)

## HOUSING

### Organisation

**Abri**

### **Description**

Hampshire based housing association.

### **Contact**

Call 0300 123 1 567 or email [Claire.Rhodes@abri.co.uk](mailto:Claire.Rhodes@abri.co.uk)

### Organisation

**Gosport Borough Council – Hostel Team**

### **Description**

The team support single (16+) and families who have been placed in emergency / temporary accommodation by GBC Homeless Service under Gosport Borough Councils statutory homelessness function. The team help and support in many areas including resettlement, helping you to achieve independent living, life skills, budgeting advice, debt advice, & any other areas identified in a support plan.

Clients aged 16/17 years will be initially advised to approach Children's Services for assistance.

Clients need to contact the Town Hall Housing Advice Team (Monday – Friday 9am-5pm) on 02392 545476 for consideration of accommodation

### **Referral Process**

Automatic allocation to a support officer (B&B or hostel placements only) once assessed for accommodation via the Housing Advice Triage

### **Contact**

Call 07932 068573 or email [hostelteam@gosport.gov.uk](mailto:hostelteam@gosport.gov.uk)

### Organisation

**Gosport Borough Council – Housing Advice**

### **Description**

Offering advice to residents aged 16 and over in relation to any aspect of housing including homelessness.

### **Contact**

Call 02392 545476 or email [HousingAdviceTeam-mbx@gosport.gov.uk](mailto:HousingAdviceTeam-mbx@gosport.gov.uk)

### Organisation

**Gosport Borough Council - Operational Services**

### **Description**

All aspects of general need housing including tenancy management, estate management and referrals to supporting agencies where applicable.

### **Contact**

Call 02392 584242

### Organisation

**Gosport Borough Council – Tenancy Management**

### **Description**

Neighbourhood Housing Officers managing all Gosport Borough Council housing stock.

### **Contact**

Call 02392 545665 to speak to a duty officer

## **HOUSING continued**

### **Organisation**

### **Hitting the Cold Spots**

#### **Description**

Hitting the Cold Spots Advisors can help people keep warm in their homes and reduce energy bills. Advisors can offer: home visits offering advice and practical support, help to access funding, support with temporary electric heaters, eligibility check for the Warm Home Discount and local energy efficiency schemes, assistance to switch energy providers, signposting and referrals to other organisations

#### **Contact**

**Call the Advice Line on 0800 804 8601 or email**

**[enquiries@environmentcentre.com](mailto:enquiries@environmentcentre.com)**

**<https://environmentcentre.com/hitting-the-cold-spots/>**

### **Organisation**

### **Home Group**

#### **Description**

Hampshire based housing association providing general needs housing and supported housing services.

#### **Contact**

**Call 0345 141 4663**

### **Organisation**

### **Hyde Housing**

#### **Description**

Hampshire based housing association.

#### **Contact**

**Call 0800 3282282 (Monday – Friday 08:00 – 20:00) or email**

**[asb@hyde-housing.co.uk](mailto:asb@hyde-housing.co.uk)**

**[www.hyde-housing.co.uk](http://www.hyde-housing.co.uk)**

### **Organisation**

### **Local Energy Advice Programme**

#### **Description**

LEAP (Local Energy Advice Programme) is a free energy advice service available to all Gosport residents. It offers tailored advice and support based on your needs, including any onwards referrals. It offers energy saving advice, help with finding a cheaper energy deal, and can fit free energy-saving kit such as LED lightbulbs, radiator panels and draught-proofing.

The eligibility requirements of LEAP are designed to target households that either are already in, or are at risk of falling into fuel poverty. It is open to all typed of households-homeowners, private renters and social housing tenants.

#### **Contact**

**Residents cannot apply directly, but instead need to be referred into the scheme. Residents should contact their rent or housing officer if relevant, or Citizens Advice Gosport.**

## **HOUSING continued**

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>Parity Trust</b>   |
| <b>Description</b>         | Non-profit organisation providing flexible and affordable mortgage products and loans. Working in partnership with Gosport Borough Council, we offer secured home improvement loans for homeowners whose properties require essential repairs, improvements or adaptations. |
| <b>Contact</b>             | Call 02392 375921 or email <a href="mailto:mail@paritytrust.org.uk">mail@paritytrust.org.uk</a><br><a href="http://www.paritytrust.org.uk">www.paritytrust.org.uk</a>   |
| <b><u>Organisation</u></b> | <b>Southern Housing Group</b>   |
| <b>Description</b>         | Hampshire based housing association.  |
| <b>Contact</b>             | Email <a href="mailto:servicecentre@shgroup.org.uk">servicecentre@shgroup.org.uk</a>  |
| <b><u>Organisation</u></b> | <b>Street Link</b>  |
| <b>Description</b>         | National website for reporting rough sleepers. If you are concerned about someone sleeping rough, use Street Link to report the location and they will pass this information onto the local support services.   |
| <b>Contact</b>             | Call 0300 5000914<br><a href="http://www.streetlink.org.uk">www.streetlink.org.uk</a>   |
| <b><u>Organisation</u></b> | <b>The Guinness Partnership</b>   |
| <b>Description</b>         | All aspects of tenancy management and estate management within Guinness Partnership's housing stock   |
| <b>Contact</b>             | Call 02392 794533 (Housing Manager) or email<br><a href="mailto:daniel.taylor@guinness.org.uk">daniel.taylor@guinness.org.uk</a>  |
| <b><u>Organisation</u></b> | <b>Two Saints - 101 Hostel, 101 Gosport Road, Fareham PO16 0PZ</b>  |
| <b>Description</b>         | 18 bed direct access hostel for male and females aged between 18-59 years. Working with individuals who are homeless to access support specific to their needs. Sourcing appropriate move on accommodation whilst aiming to work towards independent living.                |
| <b>Referral Process</b>    | Referrals can be made in person or over the phone. Other agencies can also send referrals to <a href="mailto:peirsF&amp;G@twosaints.org.uk">peirsF&amp;G@twosaints.org.uk</a>   |
| <b>Contact</b>             | Call 01329 281995   |

## **HOUSING continued**

### **Organisation**      **Two Saints - Acton Lodge**

**Description**      Stage 2 Supported accommodation 10 bed homeless hostel for single homeless people aged 18 years and over with the expectation that service users move on within 12 months having established independent living skills and the confidence to live independently.

Priority will be given to clients being reconnected from Stage 1 services.

**Referral Process**      Please contact the hostel directory for referral information.

**Contact**      **Call 01329 281995 or email [peirsF&G@twosaints.org.uk](mailto:peirsF&G@twosaints.org.uk)**

### **Organisation**      **Two Saints - Outreach Service**

**Description**      The outreach service is a small dedicated team of support workers who are able to assist those living on the streets in Fareham and Gosport. Offering advice and guidance for street homeless people aged 18 years and over in accessing accommodation or returning back to area of original residence. Signposting to relevant agencies such as housing, substance misuse, benefits and health.

**Referral Process**      Direct referral either by phone or by presenting at 101 Gosport Road Fareham PO16 0PZ.

**Contact**      **Call 01329 281995 / 02392 511062 or email [Fareham&gosportoutreach@twosaints.org.uk](mailto:Fareham&gosportoutreach@twosaints.org.uk)**

### **Organisation**      **Two Saints - Prevention, Early Intervention and Resettlement Services (PEIRS)**

**Description**      A flexible and responsive service which supports people aged 18 years and over who are at risk of homelessness.

The service is short term our support is focused on homelessness prevention, tenancy management, and signposting to relevant agencies and specialist services in the local community. The service will support service users to develop an action plan to manage identified support needs address crisis and achieve independent living at the earliest appropriate stage.

**Contact**      **Call 02392 511062 – Community Support or email [PeirsF&G@twosaints.org.uk](mailto:PeirsF&G@twosaints.org.uk)**

## **HOUSING continued**

**Organisation**      **Utilita Community Services**

**Description**      Offering support to all energy customers with a face to face service in their own homes or in the hub at 67 High Street, Gosport for groups of 6 or under. Discussing how to save energy, wear warm and high 5 (making five simple changes in the home).

**Contact**              **Call 02392 526215**

**Organisation**      **VIVID Homes**

**Description**      Hampshire based housing association.

**Contact**              **Call 02392 896833**



## INTERNET SAFETY

### Organisation      **Childnet**

**Description**      Childnet's mission is to work with others to help make the internet a great and safe place for children.

Childnet works directly with children and young people from the ages of 3-18 years, as well as parents, carers, teachers and professionals, finding out about their real experiences online and the positive things they are doing. Providing helpful information and guidance on a range of key online safety topics.

**Contact**      <https://www.childnet.com/>

### Organisation      **Internet Matters.org**

**Description**      Supporting families online providing expert support and practical tips to help children benefit from connected technology and the internet safely and smartly.

**Contact**      <https://www.internetmatters.org/>

### Organisation      **My Tutor – Online Safety Guides**

**Description**      Relevant online safety advice on the top social media platforms including Instagram, TikTok, Snapchat and WhatsApp.

**Contact**      [www.mytutor.co.uk/blog/parents/the-parents-guide-to-teaching-your-teen-online-safety/#1](http://www.mytutor.co.uk/blog/parents/the-parents-guide-to-teaching-your-teen-online-safety/#1)

### Organisation      **Safe4Me**

**Description**      Hampshire Constabulary website providing educators, service providers and parents with information and resources to help educate, guide and support children and young people to keep safe.

**Contact**      <https://www.safe4me.co.uk/>

### Organisation      **ThinkUKnow**

**Description**      The National Crime Agency's CEOP Education Team aim to help protect children and young people from online child sexual abuse. Providing education programmes, training, resources and information to professionals working with children, young people and their families.

**Contact**      <https://www.thinkuknow.co.uk/>

## **LESBIAN, GAY, BISEXUAL AND TRANSGENDER (LGBT)**

**Organisation**     **Mermaids**

**Description**     Mermaids supports children and young people up to 25 years old who are gender diverse, their families, and professionals involved in their care.

**Contact**     Email [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk) or call the helpline on 0808 8010400  
(Monday – Friday 09:00 – 21:00)  
[www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

**Organisation**     **Switchboard**

**Description**     A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. Supporting people to explore the right options for themselves.

**Contact**     Call 0300 3300630 daily from 10:00 – 22:00  
<https://switchboard.lgbt/>

**Organisation**     **Y Services - LGBT**

**Description**     For young people who identify as LGBT or are questioning their sexuality or gender identity.

**Contact**     Call 07503 353636 or email [dawn@yservices.co.uk](mailto:dawn@yservices.co.uk)

## **MENTAL HEALTH SUPPORT SERVICES**

### **Organisation**     **Andy's Man Club**

**Description**     Men's suicide prevention charity offering free to attend peer to peer support groups for males aged 18 and over. Meeting every Monday (excluding Bank Holidays), from 19:00 hours

**Referral Process**     Self-referrals

**Contact**     Email [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)  
[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

### **Organisation**     **Breathing Space**

**Description**     Government scheme to provide protection for people in a mental health crisis breathing space that will help stop being chased or charged fees and interest on your debts for as long as you are receiving crisis treatment and for 30 days after treatment ends.

**Referral Process**     Self-referrals or referrals with consent

**Contact**     [central.amhp.service@hants.gov.uk](mailto:central.amhp.service@hants.gov.uk)  
<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/mental-health-crisis>

### **Organisation**     **Future in Mind**

**Description**     A series of workshops designed to provide parents and carer's with the guidance and support when it comes to supporting young people with emotional and mental health concerns. Led by CAMHS professionals, the workshops are help in small groups with an experienced Hampshire Parent Carer representative.

**Referral Process**     Book sessions on Ticket Tailor - [www.linktr.ee/hpcn.org.uk](http://www.linktr.ee/hpcn.org.uk)

**Contact**     Email [emmaholmes@hpcn.org.uk](mailto:emmaholmes@hpcn.org.uk)

## **MENTAL HEALTH SUPPORT SERVICES continued**

**Organisation**     **Hampshire Specialist Child and Adolescent Mental Health Service (CAMHS)**

**Description**     CAMHS is an NHS service that aims to help young people up to the age of 18 years old who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems. CAMHS have community teams of staff across the Hampshire area that have expertise in working with children/young people with complex mental health difficulties and their families/carer's.

**Referral Process**     Young people can self-refer by calling the number below or completing a form available at <https://hampshirecamhs.nhs.uk/> or referrals can be made by a GP, teacher or social worker.

**Contact**     **Call 0300 304 0447**

**Organisation**     **italk Wellbeing Classes**

**Description**     Free wellbeing classes with the aim to help top up resilience and upgrade coping skills to meet a new challenge.

Eligibility criteria:

Be aged over 16

Be registered with a GP within Hampshire

Not be under the care of any other mental health services including counselling

**Contact**     [www.italk.org.uk/how-we-help/wellbeing-classes](http://www.italk.org.uk/how-we-help/wellbeing-classes)

**Organisation**     **Kooth**

**Description**     Free, safe and anonymous online support and counselling for young people aged 11-25 years. Access to Kooth is immediate. There is no need for a referral, no waiting list. Counselling hours are 12:00 – 22:00 on weekdays and 18:00 – 22:00 on weekends.

**Contact**     [www.kooth.com](http://www.kooth.com)

## **MENTAL HEALTH SUPPORT SERVICES continued**

**Organisation**     **Safe Haven**

**Description**     A safe place, with onsite Mind practitioners, for those that are in self-defined mental health crisis (feeling at breaking point). The service provides a supportive and confidential space for anyone aged over 18 at The Hub Café, 39 Park Parade, Havant, PO9 5AA 16:00 – 22:00 every day for walk in face to face or telephone support.

Receive immediate access to safe and confidential 1:1 emotional support from staff on shift which consists of two Havant and East Hants MIND Crisis workers, a drug and alcohol support worker from Inclusion and on call Mental Health practitioners from SHFT.

**Contact**     **Attend face to face, call 0300 3031560 or email [adultsafehaven@easthantsmind.org](mailto:adultsafehaven@easthantsmind.org) for information**

**Organisation**     **SHOUT**

**Description**     Confidential 24/7 crisis **text** support for times when someone is feeling anxious, stressed or overwhelmed.

**Contact**     **Text 'SHOUT' to 85258 (free 24/7 text service)**  
**[www.giveusashout.org](http://www.giveusashout.org)**

**Organisation**     **Solent Mind, Fareham and Gosport Wellbeing Service**

**Description**     Local service providing information, advice and support.  
**For information on drop in times and locations please call the number below.**

**Contact**     **Call 01329 281445 or email [AFG@solentmind.org.uk](mailto:AFG@solentmind.org.uk)**  
**[www.farehamandgosportmind.org.uk](http://www.farehamandgosportmind.org.uk)**

## **MENTAL HEALTH SUPPORT SERVICES continued**

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>The Harbour</b>  |
| <b>Description</b>         | Informal, non-judgemental, out of hours mental health service for anyone over the age of 18 in Portsmouth, Fareham, Gosport, Havant and East Hampshire who needs short term support in times of great difficulty or is struggling with poor mental health.<br><b>The Harbour is not an A&amp;E department for those in need of medical attention.</b> |
| <b>Contact</b>             | <b>Telephone support 07418 364911 (every evening between 16:30 – 23:00)</b>   |

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|----------------------------|---|
| <b><u>Organisation</u></b> | <b>VIVID Wellbeing Service</b>  |
| <b>Description</b>         | Wellbeing workers work closely with the NHS to support customers with poor mental health to continue living independently in their own home.<br>The Wellbeing Service will help to improve wellbeing and provide support in times of crisis when extra help or support may be required. |
| <b>Referral Process</b>    | Self-referral for VIVID tenants   |
| <b>Contact</b>             | <b>Call 0800 652 0898</b>   |

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>Young Minds</b>  |
| <b>Description</b>         | UK's leading charity committed to improving the wellbeing and mental health of children and young people.   |
| <b>Contact</b>             | <b>Parent Helpline 0808 802 5544 free from mobiles and landlines (Monday – Friday 09:30 – 16:00)</b><br><b>YoungMinds Textline - Text YM to 85258 (free 24/7 text service)</b><br><a href="https://youngminds.org.uk">https://youngminds.org.uk</a> |

## **MODERN SLAVERY**

### **Organisation**

### **Migrant Help**

#### **Description:**

Protecting people affected by displacement and exploitation, helping them thrive as individuals and recover from their trauma. Supporting those most in need and least likely to find support elsewhere whilst aiming to bridge community gaps and bring services and support together.

#### **Contact**

**Call the free asylum helpline on 0808 8010503**

<https://www.migranthelpuk.org/>

### **Organisation**

### **Modern Slavery Helpline**

#### **Description:**

Modern Slavery and exploitation helpline.

#### **Contact**

<https://www.modernslaveryhelpline.org/>

### **Organisation**

### **Moving On Project**

#### **Description:**

A Specialist free counselling service supporting young people (11-25 years) from Gosport, Fareham and the surrounding areas. Working with a wide range of presenting issues such as: anxiety, self-harm, panic attacks, phobias, neurodiversity (ASD, ADHD, Dyslexia +), bereavement, family breakdown, relationships, trauma/abuse. Also available is a private counselling service for those with more complex needs who need to be seen urgently and do not fit into the free counselling criteria **\*We offer face to face counselling but can also work on line.**

#### **Contact**

Email [movingonenquiries@medaille-trust.org.uk](mailto:movingonenquiries@medaille-trust.org.uk)

[www.medaille-trust.org.uk](http://www.medaille-trust.org.uk)

## OLDER PERSONS SUPPORT

|                            |  |
|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Adults' Health and Care</b>   |
| <b>Description</b>         | Local authority adult social care department which provides services to adults who have been assessed as having eligible care needs. Can offer advice and help in relation to protecting adults from abuse.  |
| <b>Contact</b>             | <b>Call 0300 555 1386 (Mondays 08:30 – 17:00, Tuesdays – Thursdays 09:30-17:00, Fridays 08:30 – 16:30 (Out of hours: 0300 555 1373) or visit <a href="https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact">https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact</a></b><br><b>For information, advice and services to help you manage your own care and wellbeing and to stay independent, visit <a href="http://www.connecttosupporthampshire.org.uk">www.connecttosupporthampshire.org.uk</a></b> |

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>Gosport Voluntary Action Advocacy Service</b>  |
| <b>Description:</b>        | <p>The advocacy service aims to help older and vulnerable residents of Gosport to access information that they may need, or go with you to meetings or interviews in a supportive role. You may want your advocate to support you with your paperwork, or speak for you in situations where you don't feel able to speak for yourself.</p> <p>Advocacy is a process of helping people, particularly those who are most vulnerable, to:</p> <ul style="list-style-type: none"><li>• Access information and services (e.g. care packages, benefit checks, housing, staying independent)</li><li>• Be involved in decisions about their lives</li><li>• Explore choices and options</li><li>• Defend and promote their rights and responsibilities</li><li>• Speak out about issues that matter to them</li></ul> <p>Our Advocates are volunteers, who have undergone training and a DBS check and are supported by the Advocacy Project Co-ordinator.</p> |
| <b>Referral Process</b>    | Anyone can make a referral. If making a referral on behalf of someone else please make sure you have their verbal consent.  |
| <b>Contact</b>             | <b>Laura Drew 02392 604686 or email <a href="mailto:laura.drew@gva.org.uk">laura.drew@gva.org.uk</a></b><br><b><a href="http://www.gva.org.uk/individuals/support-services/advocacy/">www.gva.org.uk/individuals/support-services/advocacy/</a></b>   |



## **OLDER PERSONS SUPPORT continued**

### **Organisation**

### **Age Concern Gosport**

### **Description**

Supporting people aged 55 and over with form filling (for example, Attendance Allowance, Carers Allowance, Blue Badge and PIP) and signposting to various local support/social organisations.

### **Contact**

Call 02392 604699 or email [info@ageconcerngosport.org.uk](mailto:info@ageconcerngosport.org.uk)

### **Organisation**

### **Age Concern Hampshire (ACH)**

### **Description**

Age Concern Hampshire are passionate about supporting older people to live well independently for longer. We use our knowledge and experience to respond to the needs of local people throughout their ageing journey. Our organisation has been providing services to the older community of Hampshire since 1985. The charity currently deliver support at our Care & Wellbeing Centres throughout the county, as well as Help at Home, Information services offering free information and form filling.

Other services include Foot care clinics, Hospital to Home Services, Community Information Volunteers and a variety of other activities. Our family of staff and volunteers come from all walks of life to offer friendship, support and information to our service users.

Address: Age Concern Hampshire, Centre Way, Locks Heath, SO31 6DX

### **Contact**

Call 01962 868545 or email [enquiries@ageconcernhampshire.org.uk](mailto:enquiries@ageconcernhampshire.org.uk)

### **Organisation**

### **Age UK Portsmouth**

### **Description**

Age UK Portsmouth is a local charity working in the community to support older people, their families and carers. Age UK Portsmouth provides a range of services and activities designed to help older people maintain their independence and make the most of later life. They can help with free information and advice, help at home, handyperson service, meals on wheels, dementia support, veterans support, socialisation support, foot care, hairdressing and IT sessions.

They also deliver a project called Digital Champions which is one-to-one digital support and a tablet loan scheme for those with mobility issues.

Age UK Portsmouth is now covering Fareham, Gosport, Titchfield, Stubbington, Wickham and Bishops Waltham.

### **Contact**

Call 023 9286 2121 or email [enquiries@ageukportsmouth.org.uk](mailto:enquiries@ageukportsmouth.org.uk)  
[www.ageuk.org.uk/portsmouth](http://www.ageuk.org.uk/portsmouth)

## **OLDER PERSONS SUPPORT continued**

### **Organisation**

### **Bobby Scheme**

#### **Description**

The Blue Lamp Trust Bobby Scheme provides free crime prevention and fire safety survey and fits practical equipment to help vulnerable and elderly adults in Hampshire. Uniformed and Police vetted Bobby Fitters, will:

- Carry out a crime prevention and fire safety survey
- Provide free of charge safety and security fittings such as locks, spy holes, door chains, smoke and carbon monoxide alarms
- Supply and fit key safes (at a cost of £75)
- Supply and fit Ring Doorbells (as a cost of £90)
- Give advice and signpost where necessary

#### **Referral Process**

Referrals can be made by agencies, friends and family or the client by completing a referral form at <https://www.bluelamptrust.org.uk/bobby-scheme-landingpage/>

#### **Contact**

Call 0300 7770157 or email [bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)

### **Organisation**

### **Brendon Care**

#### **Description**

Brendon Care clubs are friendship and wellbeing clubs dedicated to providing older people with opportunities for social interaction and to meet new friends in a welcoming and supportive environment.

#### **Contact**

**Click on the following link for clubs available in Gosport -**

<https://www.brendoncare.org.uk/community-clubs/>

Call 01962 857099

### **Organisation**

### **CHAT2Us**

#### **Description**

Friendship, help and support group running from the Henry Cook Centre, South Street on Mondays from 11:00 – 13:00. Attendees can chat and participate in crafts, listen to speakers or invited activities. Fortnightly a retired NHS nurse assists with 'Movement to Music' and once a month there is a light buffet lunch. Members pay £2 to help towards the extras provided. CHAT2Us also helps local residents with benefit forms, applying for jobs and teaching the basics of emails and internet shopping.

#### **Contact**

**Call or text Jeanette on 07450 028410**

## **OLDER PERSONS SUPPORT continued**

### **Organisation**

### **Connect to Support Hampshire**

#### **Description**

A website, commissioned by Hampshire County Council, aimed at keeping people independent, well and connected to their communities. Residents and organisations are able to find community groups, local activities, care homes and care providers near them. It is an online resource to help people regain or maintain their independence and get the support they need – a one-stop shop for care and support information.

#### **Contact**

[www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

### **Organisation**

### **Cyber Bobby**

#### **Description**

The Blue Lamp Trust Cyber Bobby scheme provides free home visits to the over 60s, disabled, and any previous victims of cyber-crime giving advice and guidance about basic IT security and how to avoid being affected by a cyber-crime or a cyber-enabled crime. All of the Blue Lamp Trust advisors are police vetted and carry ID cards to reassure local residents that they are genuine – they will not be offended if you ask to see their ID to validate their identity.

Our Cyber Advisor will discuss issues such as:

- What is cyber-crime?
- Cyber and scam prevention advice
- How to check privacy settings
- Signposting to other advice and resources
- How to report issues
- How to recognise scam emails and text messages

#### **Referral Process**

Referrals can be made by agencies by completing a referral form at <https://www.bluelamptrust.org.uk/cyber-bobby/> or by an individual or their friends or family.

#### **Contact**

Call 0300 7770157 or email [cyber@bluelamptrust.org.uk](mailto:cyber@bluelamptrust.org.uk)

## **OLDER PERSONS SUPPORT continued**

### **Organisation**

### **Dustbusters**

#### **Description**

A non-profit making domestic help service provided and managed by GVA to enable older or vulnerable residents of Gosport who are unable to do their own housework to continue living independently in their homes. Service includes general housework, laundry and ironing, changing of bed linen, vacuuming and dusting. Shopping can also be included.

#### **Referral Process**

Anyone can make a referral. If making a referral on behalf of someone, please ensure you have verbal consent to do so. There is a cost associated with this service and a minimum requirement of 1 hour per week.

#### **Contact**

Call 02392 601314 or email [jessica.gant@gva.org.uk](mailto:jessica.gant@gva.org.uk)

### **Organisation**

### **FirstStop Advice**

#### **Description**

Elderly Accommodation Counsel (EAC) FirstStop Advice provides information and advice to older people and their families on housing options in later life. If you would like to find out more about the options available to you, we recommend using our self-help Housing Options for Older People (HOOP) tool, which can be accessed at <http://hoop.eac.org.uk/hoop/start.aspx> We also maintain the Housing Care website, which lists details for 25,000 specialist housing schemes, 13,000 care homes and almost 10,000 home services for older people. This can be accessed here at [www.housingcare.org](http://www.housingcare.org)

#### **Contact**

Call 0800 377 7070 or email [info@firststopadvice.org.uk](mailto:info@firststopadvice.org.uk)

### **Organisation**

### **Gosport Community Alarm Service**

#### **Description**

An alarm service which operates 24 hours a day 365 days a year providing assistance to older and vulnerable people in their own homes. The service is run by Gosport Borough Council and works via a special alarm unit connected to a telephone line.

#### **Contact**

Call 02392 529308 or email [communityalarms@gosport.gov.uk](mailto:communityalarms@gosport.gov.uk)

## **OLDER PERSONS SUPPORT continued**

### **Organisation**      **Gosport Voluntary Action Befriending Service**

**Description**      This service is for older people aged 55+ who have become socially isolated or are lonely. We offer a Visiting Service and a Telephone Service and run a CHAT group once a month.

**Referral Process**      A referral can be received from any source. If making a referral on behalf of someone, please ensure they are aware and you have their verbal consent to do so. Referrals can be received over the telephone but not on the answer phone.

**Contact**      **Laura Drew 02392 604686 email [laura.drew@gva.org.uk](mailto:laura.drew@gva.org.uk)**  
**[www.gva.org.uk/individuals/support-services/befriending/](http://www.gva.org.uk/individuals/support-services/befriending/)**

### **Organisation**      **Mend & Tend**

**Description**      Providing a service enabling older and vulnerable residents to continue living independently in their homes. The service offers painting and decorating, handy work repairs and general gardening work.

**Referral Process**      Anyone can make a referral. If making a referral on behalf of someone else please make sure you have their verbal consent. There is a cost associated with this service.

**Contact**      **Call 02392 503871 or email [emma.may@gva.gov.uk](mailto:emma.may@gva.gov.uk)**  
**[www.gva.org.uk/individuals/support-services/garden-decorating-repairs/](http://www.gva.org.uk/individuals/support-services/garden-decorating-repairs/)**

### **Organisation**      **Steady and Strong**

**Description**      Falls prevention classes are designed to help people aged 65+ to improve strength and balance, and are delivered by instructors who are specifically trained.

Classes take place at Gosport Leisure Centre, Henry Cook Centre and Lee-on-the-Solent Tennis Club.

**<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/balanceclasses>**

### **Organisation**      **The Silver Line**

**Description**      Free confidential helpline for older people (55+) across the UK. Offering telephone friendship where volunteers are matched with older people based on their interests, facilitated group calls and help to connect people with local services in their area.

**Contact**      **Call 0800 4 70 80 90 (open 24 hours a day, 7 days a week)**  
**[www.thesilverline.org.uk](http://www.thesilverline.org.uk)**

## SAFETY

|                            |  |
|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Hampshire and Isle of Wight Fire &amp; Rescue Service – Fire Wise Programme</b>   |
| <b>Description</b>         | Programme for young people aged 4 – 18 years old who have been involved with fire setting or arson providing educational intervention either at home or in school  |
| <b>Referral Process</b>    | Any Fire Setter referrals or enquiries are all done through the Fire Setters email inbox in the first instance: <a href="mailto:fast@hantsfire.gov.uk">fast@hantsfire.gov.uk</a>   |
| <b>Contact</b>             | <b>Melanie Owen</b> <a href="mailto:melanie.owen@hantsfire.gov.uk">melanie.owen@hantsfire.gov.uk</a>   |
| <b><u>Organisation</u></b> | <b>Hampshire and Isle of Wight Fire &amp; Rescue Service – Safe and Well visits</b>  |
| <b>Description</b>         | Person-centred home fire safety visit based upon an individual’s health needs, behavioural factors and home environment. Through interactions with people in the home, HIWFRS are able to provide advice, support and guidance to individuals (including partner agencies responsible for providing care and support services), in the reduction and management of presenting fire risks.  |
| <b>Referral Process</b>    | If the person you have in mind fits one or more of the characteristics below, we would advise that you make a referral by clicking on the following link:<br><a href="https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/safeandwell/">https://www.hantsfire.gov.uk/keeping-safe/loveyourhome/safeandwell/</a> <ul style="list-style-type: none"><li>• Over 65 years of age</li><li>• Has a physical and/or learning disability</li><li>• Has any sensory impairment</li><li>• Is known to be substance or alcohol dependent</li><li>• Is unable to protect themselves from harm</li><li>• Is experiencing domestic abuse</li><li>• Is returning from hospital and there are fire risk concerns identified, for example burn marks on bedding, furniture or carpets; electrical faults in the home; unsafe practices with fire, cooking or heating; hoarding; the occupier smokes; no fire detection is present in the property.</li></ul> |
| <b>Contact</b>             | <b>Call 02380 644000 or email</b> <a href="mailto:community.firesafety@hantsfire.gov.uk">community.firesafety@hantsfire.gov.uk</a><br><b>Partner/agency Safe and Well training:</b> <a href="http://www.hantsfire.gov.uk/partner-working">www.hantsfire.gov.uk/partner-working</a>   |

## **SAFETY continued**

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|----------------------------|--|
| <b><u>Organisation</u></b> | <b>Hampshire and Isle of Wight Fire &amp; Rescue Service - Schools Education Team</b>  |
| <b>Description</b>         | Set programme in conjunction with Education Authority but can deliver programmes on Arson, Hoax Calls and Road Safety to Youth Organisations to KS1-4 in schools in Hampshire. |
| <b>Contact</b>             | <a href="http://www.hantsfire.gov.uk/kidzone-and-schools">http://www.hantsfire.gov.uk/kidzone-and-schools</a>  |

## **SEXUAL HEALTH SERVICES**

**Organisation**     **Brook**

**Description**     Free and confidential sexual health and wellbeing for the under 25s.

**Contact**     **Call 0808 802 1234**  
<https://www.brook.org.uk/>

**Organisation**     **Community Sexual Health Team**

**Description**     A team of sexual health specialist nurses and practitioners who work in the community, often with partner agencies, providing a range of services to improve sexual and reproductive health outcomes for members of vulnerable groups. Our community team provide Sexual Health care to vulnerable young people and adults. This includes those at risk of unintended pregnancy and sexually transmitted infections. We work with populations who are at increased risk of poor sexual health. Some of the services we offer are:  
For Professionals – <https://www.letstalkaboutit.nhs.uk/professionals/>  
Youth Services – <https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/>

**Referral Process:** For statutory, non-statutory and voluntary organisations working with vulnerable young people and adults, please check the website for the referral criteria and download a form, complete and return to the appropriate service via email.

<https://www.letstalkaboutit.nhs.uk/referrals>

**Contact**     **Email [sexualhealthpromotionpractitioner@solent.nhs.uk](mailto:sexualhealthpromotionpractitioner@solent.nhs.uk)**



## SUPPORT FOR YOUNG PEOPLE

**Organisation** Hampshire County Council Skills and Participation -  
**Employment and Skills Hub**

**Description** Skills and Participation offers a service to schools and education providers, sourcing Work Experience placements and carrying out Health and Safety checks as part of our Careers Service. We also offer to link up Employers looking to offer Work Experience placements and careers interactions with relevant people and organisations.

**Referral Process** Email [esh@hants.gov.uk](mailto:esh@hants.gov.uk)

**Contact** James Maw [james.maw@hants.gov.uk](mailto:james.maw@hants.gov.uk)

**Organisation** HENRY – Healthy starts, brighter futures

**Description** This is a targeted 10 week course, delivered virtually, by referral only, exploring together what makes a healthy family lifestyle and giving the parents the tools and skills to give their child a healthy start and to deal with some of the challenges along the way. It offers practical support for parents and carers to help develop their confidence, boost their self-esteem and build on their strengths. “Let’s get Healthy with HENRY” offers practical strategies to help families change old habits, eat more healthily and become more active. It is a family intervention based on building trust, respect and doing things *with* families rather than *to* them. Working within a strength based and solution-focused approach the key elements of “Let’s get Healthy with HENRY“ are:

- Parenting skills
- Eating patterns and behaviour
- Healthy eating
- Physical activity
- Emotional wellbeing

**\*Courses will be delivered virtually\***

**Contact** [henry.queries@hants.gov.uk](mailto:henry.queries@hants.gov.uk)

<https://www.henry.org.uk/>

**Organisation** Kidscape

**Description** Advice and practical tips on how to build confidence to move past bullying for good.

**Contact** <https://www.kidscape.org.uk/advice/advice-for-young-people/>

## SUPPORT FOR YOUNG PEOPLE continued

**Organisation**      **KIDS Young Carers**

**Description**      Provides support to young carers between the aged of 8 – 18 years whose lives are restricted in some way because they are supporting a person who is ill, has a disability, mental illness or is misusing a substance. This could be a parent or sibling. Further information and our referral form can be found here [Fareham and Gosport Young Carers | KIDS](#)

**\*Please note this service is set to close at the end of July 2024\***

**Contact**      Call 01329 312312 or email [young.carers@kids.org.uk](mailto:young.carers@kids.org.uk)  
[www.kids.org.uk/fareham](http://www.kids.org.uk/fareham)

**Organisation**      **LifeSIGNS – Self injury Guidance and Network support**

**Description**      User-led small charity creating understanding about self-injury and support.

**Contact**      Email [hello@lifesigns.org.uk](mailto:hello@lifesigns.org.uk)  
[www.lifesigns.org.uk](http://www.lifesigns.org.uk)

**Organisation**      **LINX, Hampton Trust**

**Description**      Twelve week group work programme for young people aged between 13 – 18 years who have suffered adverse childhood experiences. LINX takes young people through an interactive, structured, therapeutic, yet fun twelve week programme. The aim of which is to support young people to understand ‘their own story’, address the impact of their adverse childhood experiences, support them to interact in a positive way and develop resilience and goals for the future.

**This programme is currently not funded – please email to find out costs and further details.**

**Referral Process**      Schools opt to run LINX as an in-house programme, identify and refer students/young people.

**Contact**      Call 02380 009898 or use the online contact form on <https://hamptontrust.org.uk/program/linx-4/>

## **SUPPORT FOR YOUNG PEOPLE continued**

### **Organisation**

### **Military Mentors**

### **Description**

Military Mentors run College Courses for 16-19 year olds who aspire to joining the Army, Navy, Air Force and Royal Marines. We are based in Bridgemary and work with Fareham College to provide a Level 1 or 2 Diploma in Entry into the uniformed services. The courses are one year in duration and taught by ex-armed forces personnel. The programme is very active and there are no exams to worry about. Students carry out sport and physical training every day and get fit very quickly whilst having fun at the same time. Courses run from Monday – Thursday and students get every Friday off. If you are interested in taking a look at what we do, we are now running guided tours of the college. Just call on the mobile number below to book yours. Our website ([www.militarymentors.co.uk](http://www.militarymentors.co.uk)) also has a 2 minute video showing exactly what we do and what you can expect if you join.

Military Mentors also provide:

- Schools Outreach Programme for 14-16 year olds on day release from school
- Careers advice for schools
- Team building and fun outdoor sessions for groups of any size and any age, including schools, businesses, groups etc.
- First Aid Training for individuals, colleges, teams, companies etc

### **Contact**

**Call Tony on 07856 975379 or email [tony@militarymentors.co.uk](mailto:tony@militarymentors.co.uk)**

## **SUPPORT FOR YOUNG PEOPLE continued**

**Organisation**      **Motiv8**

**Description**      Motiv8 is a registered charity that engages and supports young people aged 9-19 years and up to 25 with learning difficulties and disabilities. We provide a range of services, including 1:1 support and group work, to improve life chances for young people.

**Referral Process**      Please email for a request for support form.

**Contact**      Email [victoria.llewelyn@motiv8south.org.uk](mailto:victoria.llewelyn@motiv8south.org.uk)  
[www.motiv8south.org.uk](http://www.motiv8south.org.uk)

**Project**      **Motiv8 1:1 Support and Supporting Families**

For young people and families who require additional support. Support is aimed at helping everyone achieve their full potential, gain qualifications, improve confidence and self-esteem, learn new skills, gain employment and build positive relationships.

**Project**      **Motiv8 Detached and Outreach Service**

Detached and Outreach Service, days and times determined by local need.

**Project**      **Motiv8 CHOICES or DIVERT programmes**

12 week diversionary group work for young people displaying anti-social behaviour in a specific area. Young people can participate in diversionary activities, targeted sessions including victim impact, custody visits, prison visits, equality and diversity and community resolutions.

**Project**      **Monday Youth Hub** 7-11 years at Toronto Place 17:30 – 19:00

Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN!

**Project**      **Chill out Tuesdays & Sexual Health Advice** 13+ years at Toronto Place  
15:30 – 17:00

Sexual health and wellbeing drop in service. Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance on Tier 2 Sexual health, contraception, pregnancy, Chlamydia testing and condom distribution.

## **SUPPORT FOR YOUNG PEOPLE continued**

|                            |   |
|----------------------------|---|
| <b><u>Project</u></b>      | <b>Wellbeing Hub (via referral)</b> at Toronto Place<br>Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance to young people aged 13+ on how to improve their emotional wellbeing.  |
| <b><u>Project</u></b>      | <b>Wednesday Youth Hub</b> 9 – 12 years at Toronto Place 17:30 – 19:00<br>Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN!<br>Outside agencies regularly visit to give support and advice.   |
| <b><u>Project</u></b>      | <b>Thursday Hub</b> 13+ years at Rowner Youth Centre 18:00 – 19:30<br>Youth work provision delivered by qualified youth support workers offering a range of information, targeted interventions, games, activities and FUN! Tier 2 Sexual Health advice and guidance also available.  |
| <b><u>Project</u></b>      | <b>Progression Hub</b> at Toronto Place via referral<br>1:1 employment and skills service for young people aged 16+. Youth work provision delivered by qualified youth support workers offering a range of information, advice and guidance. Young people can access a number of accreditations in relation to their skills and personal development. |
| <b><u>Project</u></b>      | <b>Parent/Carer Appointment Service</b> at Toronto Place<br>Appointment service for Parents and Carers the first Friday of the month to discuss their support needs and gain advice and support.  |
| <b><u>Project</u></b>      | <b>Motiv8 SHAPE Parenting Workshops</b><br>These workshops run across the year. Parents/carers must attend two 2.5 hour workshops to complete. Contact the main office directly for dates/times.  |
| <b><u>Project</u></b>      | <b>Motiv8 Youth Forum</b> – young people meet to discuss current areas of need, evaluate Motiv8 services and discuss emerging themes.<br>Four meetings a year, please contact the main office for details.  |
| <b><u>Organisation</u></b> | <b>Music Fusion</b>   |
| <b>Description</b>         | Non profit young person friendly recording studio in Havant. Access and engaging young people aged 11-25 years through credible music.<br>Specialising in working with young people experiencing challenging life circumstances.  |
| <b>Contact</b>             | Call 02392 492373 or email <a href="mailto:info@musicfusion.org.uk">info@musicfusion.org.uk</a>   |

## **SUPPORT FOR YOUNG PEOPLE continued**

### **Organisation**      **No Limits**

**Description**      The No Limits Advice Centre is an informal, friendly ‘one stop shop’ for you to get help with any issues you may be facing including homelessness, relationships, sexual health, sexuality, alcohol and drugs, health and well-being matters, domestic violence or abuse, education, employment, finances and energy advice. No appointments needed. You can get in touch via phone, email, webchat or by dropping into the Advice Centre (13 High Street, Southampton) for face-to-face support. Opening times are listed on the website.

Phone, webchat and drop-in at the Advice Centre is encouraged as emails are monitored by admin staff not youth workers and it may take longer to respond.

**Contact**      Call 02380 224224 or email [enquiries@nolimitshelp.org.uk](mailto:enquiries@nolimitshelp.org.uk)  
<https://nolimitshelp.org.uk>

### **Organisation**      **NO PANIC - National Organisation for Phobias, Anxiety Neuroses, Information and Care**

**Description**      No Panic offers advice, support, recovery programmes and help for young people aged between 13 - 20 years who suffer with anxiety disorders, panic attacks, phobias, OCD, exam stress or family anxiety.

**Contact**      Call 0300 772 9844 (Daily 10.00 – 22:00) or email [info@nopanic.org.uk](mailto:info@nopanic.org.uk)  
24 hours crisis line 01952 680835  
Youth Helpline (under the age of 18) 0330 606 1174 (Monday, Tuesday, Wednesday and Friday 15:00 – 18:00, Thursday 15:00 – 20:00 and Saturday 18:00 – 20:00)  
[https://www.nopanic.org.uk/](https://www.nopanic.org.uk)

### **Organisation**      **Ocean Youth Trust South**

**Description**      Ocean Youth Trust South is a charity which uses Adventure Under Sail as a personal development opportunity for young people aged 11-25, taking them to sea in our 30-metre vessel Prolific. Bursaries may be available to help with voyage costs if needed.

**Referral Process**      Self-referrals or referrals from professionals

**Contact**      Call 02392 602278 or email [office@oytsouth.org](mailto:office@oytsouth.org)  
<http://www.oytsouth.org>

## **SUPPORT FOR YOUNG PEOPLE continued**

**Organisation**      **PAPYRUS – Prevention of young suicide**

**Description**      National charity for the prevention of young suicide. Papyrus provides confidential help and advice to young people and anyone worried about a young person.

**Contact**      **Call 0800 0684141 (daily 09:00 – 00:00)**  
**Text 07860 039967**  
**Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**  
**<https://www.papyrus-uk.org>**

**Organisation**      **Sidekick**

**Description**      Confidential helpline for young carers aged 13-18 (and up to 25 for those with special education needs and disabilities).

**Contact**      **Opening hours: Monday 09:30 – 19:30, Tuesday 09:30 – 16:30, Wednesday 09:30 – 16:30, Thursday 12:30 – 19:30 and Friday 09:30 – 16:00.**  
**Text 07888 868059 or email [sidekick@actionforchildren.org.uk](mailto:sidekick@actionforchildren.org.uk)**  
**<https://sidekick.actionforchildren.org.uk>**

**Organisation**      **Teentalk**

**Description**      Free weekly drop-in support and advice offered to those young people aged 13 years and above taking place on Friday's from 18:00 – 20:00 at Seafield Community House.

**Contact**      **Hayley Pretlove 07388 524227**

**Organisation**      **The Mix**

**Description**      Providing judgement free information and support to young people aged 13 – 25 on a range of issues including mental health problems. Young people can access support via phone, email, peer to peer and counselling services. They also offer a 1:1 online chat service and crisis messenger service.

**Contact**      **Freephone 0808 808 4994**  
**[www.themix.org.uk](http://www.themix.org.uk)**

## **SUPPORT FOR YOUNG PEOPLE continued**

### **Organisation**

### **Wessex Dance Academy**

### **Description**

Wessex Dance Academy is based in Winchester and is a unique, alternative provision which is open to vulnerable young people, who are not in education, training or employment (NEET) aged 15 years to 24 years old living in Hampshire. The Academy provides a nurturing and safe environment for young people with complex issues to spend 10 weeks to learn to dance and improve physical and mental health, confidence, self-esteem and team working skills. The Academy aims to support young people to successfully re-engage with education, training and employment. It is a full-time programme from Monday – Friday 10:00 – 15:30 (14:00 on Wednesday). Breakfast and lunch are provided every day and the young people complete a qualification during their time with us. Young people do not need any previous dance experience to join us!

**Our next cohort dates are:**

**Cohort 35 – 24<sup>th</sup> April – 19<sup>th</sup> July 2024**

**Cohort 36 – 25<sup>th</sup> September – 13<sup>th</sup> December 2024**

### **Referral Process**

For an informal discussion about the programme, or to discuss a potential referral, please contact Lorna Digweed. If you feel you and your team/ organisation would like to find out more about what we do please do also get in touch as we are happy to attend meetings and provide further information about our service.

For school aged young people the school/ education provider they are on roll with must agree to a referral being made and they will be asked to make a contribution towards the cost of the place and the travel costs for the young person. We are unable to accept young people who are Electively Home Educated.

### **Contact**

Call 01962 850127 or email [lorna.digweed@hants.gov.uk](mailto:lorna.digweed@hants.gov.uk)  
[www.wessexdanceacademy.org](http://www.wessexdanceacademy.org)



## **SUPPORT FOR YOUNG PEOPLE continued**

### **Organisation**

### **Y Services for Young People**

### **Description**

Providing and developing high quality youth work opportunities that meet the needs of local young people.

### **Project**

#### **Detached Youth Team Gosport Area**

Youth workers visit open spaces, parks and where young people gather to offer support and advice.

Email [amy@yservices.co.uk](mailto:amy@yservices.co.uk)

### **Project**

#### **Elson Youth Project**

A safe place for young people to meet friends or form new relationships with access to games, crafts and support from trained youth workers.

Monday from 15:30 – 17:30 for school years 5, 6 and 7 (ages 9 – 12).

Monday from 18:00 – 20:00 for school years 8+ (ages 13+).

Freedom Centre, Netherton Road, Gosport PO12 4PH.

Call Tina Collins on 07542 556324 or email [amy@yservices.co.uk](mailto:amy@yservices.co.uk)

### **Project**

#### **LGBT+ Youth Support Project**

Working with young people aged 13 – 19 who are lesbian, gay, bisexual and transgender. Running a weekly youth group in Gosport. For more information regarding venue and timings please contact Dawn.

Call Dawn Tracy on 07503 353636 or email [dawn@yservices.co.uk](mailto:dawn@yservices.co.uk)

### **Project**

#### **One to one bespoke**

1:1 mentoring for young people focussing on confidence, self-esteem, school attendance, bullying, NEET etc. Mentoring is delivered by qualified youth workers who are available daytimes and evenings. Quotation available on request.

Email [info@yservices.co.uk](mailto:info@yservices.co.uk)

### **Project**

#### **Health and Wellbeing sessions for young people 11 – 19 years**

Email [info@yservices.co.uk](mailto:info@yservices.co.uk)

## **SUPPORT FOR YOUNG PEOPLE continued**

|                            |   |
|----------------------------|---|
| <b><u>Organisation</u></b> | <b>Youth Crime Prevention (YCP)</b>   |
| <b>Description</b>         | 1:1 support for young people at risk of entering the criminal justice system.<br>Any young person aged 10-16 years (inclusive), who is at risk of offending and anti-social behaviour.  |
| <b>Referral Process</b>    | A referral can be made by any professional body, e.g. Police, School, Social Worker, Early Help Hub and the form must be signed by the young person and the parent/carer.<br><br>The time frame for decision making is dependent on the size of the waiting list. |
| <b>Contact</b>             | Call 01962 794712 or email <a href="mailto:CJSM.HampshireYOT@hants.gov.uk">CJSM.HampshireYOT@hants.gov.uk</a>   |

## Victim Support

### Organisation     **ASB Help**

**Description**     ASB Help is a registered charity in England and Wales set up to provide advice and support to victims of anti-social behaviour.  
ASB Help aims to provide information and advice to interested parties and members of the public involved with and suffering from ASB.

**Contact**     Email [admin@asbhelp.co.uk](mailto:admin@asbhelp.co.uk)  
<https://asbhelp.co.uk/>

### Organisation     **Victim Care Service**

**Description**     The service provides free, confidential help and support to residents across Hampshire and The Isle of the Wight aged 4 upwards. With an aim to empower people to move beyond crime, in a way that suits them, regardless of whether or not they have reported to the police. Crime can impact people in many different ways, which is why the support is tailored and based on an individual's needs. You can use the service if you have been impacted by crime, even if you are not the direct victim. Support is available for any type of crime and they have dedicated Domestic Abuse and Children and Young People Teams.

**Referral Process**     Clients can self-refer directly. Partner agencies may refer clients as long as consent is given, referral form is available on the website.

**Contact**     Call Freephone on 0808 1781641 or email  
[hub.hiow@victimsupport.org.uk](mailto:hub.hiow@victimsupport.org.uk)

