



# FIND YOUR PLACE AT THE LIBRARY

## Employability Courses Gosport Discovery Centre September - December 2017

### Computing, Internet and Email for Beginners

Monday 25<sup>th</sup> September - 23<sup>rd</sup> October - 10.00-12.30

This course will introduce beginners to the basic use of a computer, using the Internet and setting up and using an email account.

### How to Make Self Employment Work for You

Tuesday 21<sup>st</sup> November - 10.00-16.00

A short course to learn the methods and procedures necessary to make a success of Self-Employment.

### Web Design for your Business (6 hours)

Tuesday 28<sup>th</sup> November - 10.00-16.00

A short course to introduce the concepts of website creation and hosting, using the WordPress platform.

**These courses are aimed at those in receipt of JSA OR ESA (proof is required)**

To book a course, call the Discovery Centre on 02392 523463 or pop in to reserve your place

For further information, please contact Jo Bourne [joanne.bourne@hants.gov.uk](mailto:joanne.bourne@hants.gov.uk)

[www.hants.gov.uk/library](http://www.hants.gov.uk/library)



Gosport Borough Council  
A Housing Services Production

# At Your Service

NEWSLETTER FOR TENANTS AND LEASEHOLDERS

Autumn 2017 Edition

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# Welcome to the Winter issue...

Residents  
Approved





## USEFUL CONTACTS



It is important that you speak to the correct person or team when you contact us.

- If you are a council tenant and need to speak to your Neighbourhood Housing Officer or a member of the Neighbourhood Management team about any tenancy matter (including rent enquiries) please call **023 9254 5665**.
- If you live in sheltered accommodation or need to speak to someone about your lifeline pendant please call **023 9254 5453**.
- If you are **not** a council tenant and want to speak to someone because you are threatened with homelessness or need help to find accommodation please call **023 9254 5476**.
- If you are **not** a council tenant and are living in temporary accommodation allocated by the council please call **023 9254 5586**.
- If you are on the Housing Waiting list or have a query about the Choice Based Lettings scheme please call **023 9254 5682**.

# YOUR NEIGHBOURHOOD



## Housing Service Review Update

In the last edition of 'At Your Service' (Summer 2017) we gave you an update on the implementation of the new Housing Service structure.

Since the Summer we have been busy embedding the new structure and I am pleased to inform you that the Neighbourhood Management Team is now in post.

Please see contacts opposite for details of the new Neighbourhood Management Team.

## What is the role of the Neighbourhood Management Team?

The Neighbourhood Management team have a key role to play in ensuring the Housing Service, residents and partner agencies, such as the police, social services and health, work together to promote the well-being of our neighbourhoods.

The Neighbourhood Housing Officer is a generic role responsible for providing a comprehensive, customer focussed neighbourhood management service, delivering a full range of housing management activities including managing tenancy issues and rent accounts.

A key element of the Neighbourhood Housing Officer role is to provide advice and support when needed to enable residents to stay in their homes. The role of the Neighbourhood Housing Officer will involve engaging with residents to enable them to understand their circumstances, identify the barriers that prevent them from meeting their responsibilities as a tenant and help them engage with appropriate support so that they can sustain their tenancies.

The Neighbourhood Management Team can be contacted on **023 9254 5665**.

Julie Smith  
Head of Housing



## Welcome to the Neighbourhood Management Team

### Neighbourhood Managers

Denise Hudson – 023 9254 5439 – denise.hudson@gosport.gov.uk  
Roz Weaver – 023 9254 5356 – roz.weaver@gosport.gov.uk

### Neighbourhood Housing Officers

#### Patch 1 – Brockhurst, Elson and Privett

Steve Penfold – 023 9254 5242 – steve.penfold@gosport.gov.uk  
Temporary covered by Paul Wilson-Suffield – 023 9254 5294 – paul.wilson-suffield@gosport.gov.uk

#### Patch 2 – Anglesey, Peel Common and Town (Astra Walk, Nelson House, Nyria Way, Ramillies House, Renown House, Revenge House, Rodney House, Shamrock Close, Slocum House, Willis Road)

Sarah Parsons – 023 9254 5540 – sarah.parsons@gosport.gov.uk

#### Patch 3 – Leesland and Town (Dolman Road, Dolphin Crescent, Hilton Road, Hornet Close, Mariners Way, Old Road, Tamworth Court)

Carol Leader – 023 9254 5359 – carol.leader@gosport.gov.uk

#### Patch 4 – Holbrook and Rowner

James Sibley – 023 9254 5522 – james.sibley@gosport.gov.uk

#### Patch 5 – Bridgemary North and Town (Endeavour Close, Portland House, The Mews, Trinity Close, Watergate, Winchfield House, York House)

Syed Haque – 023 9254 5273 – syed.haque@gosport.gov.uk

#### Patch 6 – Forton

Rosie Swannack – 023 9254 5293 – rosie.swannack@gosport.gov.uk

#### Patch 7 – Christchurch, Lee-on-the-Solent, Town (Alec Rose House, Burnhams Walk, Farriers Walk, Seahorse Walk, White Lion Walk)

Val Leopold – 023 9254 5668 – val.leopold@gosport.gov.uk

#### Patch 8 – Bridgemary South– Bridgemary South (Agnew Road, Bridgemary Avenue, Cameron Close, Cunningham Drive Fareham Road, Fisher Road, Gregson Avenue, Harris Road, Horton Road, Keyes Close, Keyes Road, Layton Road, Montgomery Road, Nobes Avenue, Portal Road, Southway, Tedder Road, The Spinney, Wavell Road)

Rachel Seymour – 023 9254 5203 – rachel.seymour@gosport.gov.uk

#### Patch 9 – Bridgemary South (Acorn Close, Beauchamp Avenue, Braemar Road, Brewers Lane, Bridge House, Copse Lane, Gorselands Way, Green Crescent, Nobes Close, Rowner Close,) & St Lukes Road

Helen Wort – 023 9254 5275 – helen.wort@gosport.gov.uk

## Premises Closure Orders granted following drug related anti-social behaviour at Niton Close and Turner Avenue

Action has been taken by Gosport Borough Council (GBC) and the Police to close down two flats after discarded needles and other drug paraphernalia were found.

GBC applied for both Premises Closure Orders after concerned residents in Niton Close and Turner Avenue reported instances of criminal behaviour, drug dealing and begging in the area.

Portsmouth Crown Court approved the orders for closure of these properties under the Anti-Social Behaviour, Crime and Policing Act 2014, following applications by Gosport Borough Council and Hampshire Constabulary.

These orders mean that it is a criminal offence to enter the properties at Niton Close and Turner Avenue, and they are now sealed up.

Inspector Richard Thompson from Gosport's Neighbourhood Policing Team said "We've worked with Gosport Borough Council to obtain statements and photographic evidence, along with body worn video footage, leading to the successful applications to the court.

*This swift action was also prompted by intelligence obtained from local beat officers and reports given to Gosport Borough Council's Housing team.*

*It's a great example of community policing, working alongside partner agencies to ensure the safety and security of the residents of Niton Close and Turner Avenue.*

*This type of activity has a huge impact on the wider community and people visiting the area. These orders send out a strong message that we will not tolerate this kind of behaviour and we will use every available power to stop it."*



If you are concerned about drug-related crime or anti-social behaviour where you live then please contact the local Neighbourhood Policing Team on 101.

Alternatively you can contact Crimestoppers on 0800 555 111, where information can be left anonymously.

## Gosport Police Station

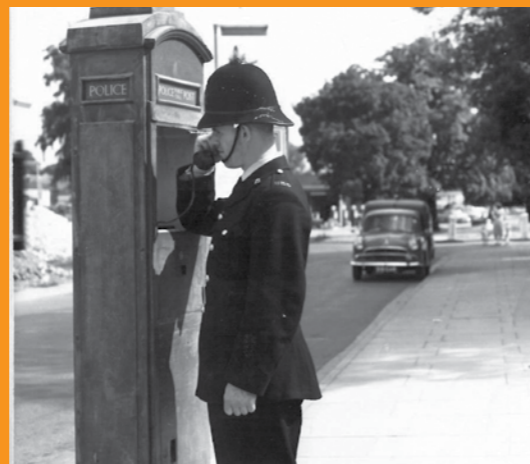
Gosport Police Station is now based at The Town Hall.

### Opening Times

Tuesday – 10am-2pm & 3pm-6pm  
Saturday – 10am-2pm & 3pm-6pm

For non-emergencies call **101**

In an emergency please call **999**



## Repairs



You can report any repairs to our repairs contractor Kier in the following ways by:

- Telephoning Freephone number **0800 028 0835**.
- Reporting emergency repairs (including boilers) 'out of office' hours by telephoning **0800 028 0835**.
- Texting non urgent repairs to **07786 204386**.
- Emailing non urgent repairs to **gosport.repairs@kier.co.uk**
- Clicking on the Kier repairs app. This can be downloaded via Apple, Android or Blackberry app stores; once you have downloaded the app, register with passcode 1789.

## Grounds maintenance issues



You can report any grounds maintenance issues such as grass cutting and street cleansing to Streetscene by:

- Telephoning free phone **08000 198 598**
- Emailing **streetscene@gosport.gov.uk**



If you come across any issues with debris in the road, pedestrian crossings, pot holes, street lamps and traffic lights please contact Hampshire County Council Highways department by:

- Logging onto **www.hants.gov.uk/highways**

## Please help us to look after your communal areas

Gosport Borough Council (GBC) is responsible for ensuring that their buildings meet the relevant fire safety legislation and the communal areas are well managed to minimise any health and safety risks. Periodic fire risk assessments, as well as annual inspections, are carried out to ensure we are compliant with health and safety legislation.

Tenants also have a duty to keep communal areas clear and hazard free. This includes items such as:

- Bicycles
- Pushchairs
- Mobility scooters
- Items of furniture and other belongings.

Communal areas must **not** be obstructed as access needs to be clear for other residents and GBC cleaners. Therefore, please ensure you keep all items in your home and **do not** leave them in the communal areas.

**GBC may remove and dispose of any items left in communal areas and any costs incurred will be recharged to the tenant.**

For a small fee, Streetscene can help with the removal of bulky waste items; they can be contacted on either **08000 198 598** or **streetscene@gosport.gov.uk** .

Also, please remember that smoking is **prohibited** in all enclosed communal areas.

You can report any issues regarding the communal areas to the **Neighbourhood Management Team** on **023 9254 5665**.

If you identify a repair that is required in the communal area you can report this directly to **Kier** on **0800 028 0835**.



# Sheltered Housing Update

## Upgrade to Gloucester House

Residents at Gloucester House sheltered housing scheme are enjoying brighter and more modern surroundings following a refurbishment project carried out by our contractors Novus.

The communal areas of the scheme have been redecorated and work has been carried out to update the communal lounge and install an open plan kitchen.

Mobility scooter storage has also been improved, allowing residents to store and charge their scooters securely. The scheme now also benefits from a guest room with en-suite facilities for visiting family members. The residents are delighted with the results of the refurbishment and enjoyed an event to celebrate the completion of the project.



Gloucester communal area before



Completed halls with new carpet, wallpaper and oak style doors



Gloucester communal area after



Completed kitchen at Gloucester House

### Brendoncare Clubs provide a range of clubs for older people

Club Hampshire, Willis Road, Gosport, PO12 1LZ

Come along and join in the fun, friendship and a warm welcome. They have a variety of clubs running throughout the week including ping pong, yoga, Zumba and more – there is something for everyone.

For more information contact Karen on 07947 955865 or visit [www.brendoncare.org.uk/clubs](http://www.brendoncare.org.uk/clubs)

# Sheltered Housing Update

## Community Project at Behrendt House

As part of the company's Corporate Social Responsibility (CSR), Nationwide Services based in Gosport have been working with the residents of Behrendt House to create a communal garden for their use. Nationwide will be funding this project and supplying all labour and materials.

To help with the design of the garden, residents were consulted where they expressed a need for a family friendly area that could be used all year round. It has been decided that a larger patio area will be built with an increased amount of seating to include suitable seating for anyone with mobility issues.

Also included in the design:

- A purpose built BBQ area
- Raised flower and vegetable beds
- Screens to provide shade and privacy

It is planned that work will start soon.

As well as improving the garden area for residents, Nationwide very kindly donated hampers and a television for the communal lounge.

This kind gesture has already improved the social interaction at the scheme with more residents using the communal lounge.



Members of the Nationwide Services team with some of the residents from Behrendt House.

### Thursday 19th October 2017 – 10am-1pm Fortune House Open Day

Gosport Borough Council will be hosting an open day at one of their sheltered schemes. Come along and view the communal facilities, have a look round some of the properties, meet some of the staff and speak to residents.

**Free** refreshments! No booking required, just call in. We look forward to seeing you!

For more information call **023 9252 0019**.

### Veteran's Gateway



Veteran's Gateway is a new service which makes accessing support much easier for veterans. With many organisations supporting the Armed Forces community, Veterans' Gateway aims to be the first point of contact for veterans and their families who need support.

Through a consortium of organisations including the Royal British Legion, Veterans' Gateway makes finding the right support quicker and easier – no matter where you are or what you need.

For more information on Veterans' Gateway please visit their website [www.veteransgateway.org.uk](http://www.veteransgateway.org.uk).



# Repairs Update

Since April 2017, we have completed some major planned works and milestones.

Work includes:

- 38 new kitchens installed
- 39 new bathrooms installed
- 13 properties rewired
- new central heating to 43 properties (consisting of 10 full installs, 27 boiler replacements and 6 radiator replacements.
- 13 composite doors installed
- 19 disabled adaptations (consisting of 15 level access showers and 4 over bath showers)



*Roof at Archer House gearing up for a top coat despite those heavy clouds!*



*One end of Glebe Drive with wall insulation in progress*



*The other end of Glebe Drive already completed.*

## Replacement roofs

We are pleased to advise that since April the roof at 70-77 Chester Court has been completed with another roof at Chester Court earmarked for later in the year. Also, the roof at Archer House is near completion despite some really heavy downpours hindering the programme!

## External Wall Insulation

Following on from the work that was carried out at Hove Court, we have been able to concentrate our efforts on the flats at Glebe Drive in Peel Common and Elmore Avenue in Lee on the Solent. Once these are completed we will look to carry out work to the other low level blocks around the Borough such as Archer House, Ivy House and St Lukes Road.

# Repairs Update



*Hove Court looking splendid*

## Hove Court

We are very pleased to announce that the external refurbishment to Hove Court is now finished. The transformation looks amazing and comments from residents as well as passers-by have been very positive. The cream coloured render and pale blue accents under the windows have certainly made this block stand out.

Occupying a prime location on the High Street in Lee-on-the-Solent, this block has recently had a lot of modernising works carried out. The felt roof has been replaced with 'liquid-applied' flat roofing; which can be repaired or added to in the future without the need to remove the roof. Other work included, insulation and new coloured render to the external walls and the majority of the windows have also been replaced.

Gosport Borough Council and the residents of Hove Court are very proud of the completed works. We would like to take this opportunity to say a big thank you to all the residents for their patience and goodwill and an especially big thank you to the Kier operatives, who through their hard work and diligence were able to achieve such a wonderful finish.



## Refuse collections



The council has a statutory duty to make arrangements to provide a waste collection service for the removal of household waste from residential properties within the Borough.

Urbaser Ltd. is contracted to carry out the refuse and recycling collections, as well as cleaning Gosport's streets, public conveniences and some sports pavilions.

Items that should **not** be put into your wheelie bin include:

- Asbestos
- Commercial or industrial waste
- Brick rubble, soil and construction materials
- Domestic appliances and electrical/ electronic equipment
- Fixtures and fittings i.e. carpets, shelving units, cupboards etc.
- Furniture
- Green waste and soil
- Hot ashes
- Medication
- Oil and flammable liquids
- Paint and chemicals
- Scrap metals

## Collection times and holiday arrangements

All rubbish collections are carried out between 7am and 5pm, Monday to Friday.

Wheelie bins/waste sacks will be collected from the edge of your property. If you are unsure where to leave your rubbish, please contact Streetscene on **08000 198 598**.



Urbaser working hard in the borough

## Assisted lifts

If you are unable to put your rubbish out for collection and have nobody able to help you, please contact Streetscene in writing with the following information:

- The reasons why you need assistance; if this is due to mobility or medical issues then the information should be sent from your doctor.
- Confirmation that there is no one else living at your home that is able to assist with putting the bin out for collection.
- Acknowledgement that the council/contractor will not be liable for any damage or loss as a result of the council vehicle coming onto the property whilst collecting the bin.

The Head of Streetscene will consider any applications for assistance on the basis of the information provided in the application and the assistance that is reasonable and practical to provide. Where assistance will be provided you will be notified and a member of staff will arrange a visit to make arrangements for the assisted collection.

If your wheelie bin is stolen or damaged, it will be replaced free of charge when the request is accompanied by a crime reference number.

If you move to a new home where there isn't a wheelie bin, a replacement can be purchased for £28.00 by contacting Streetscene either on **08000 198 598** or by email on [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk)

For residents who use a sack collection, black plastic sacks will be provided for domestic waste and clear plastic sacks for recyclable items. These will be issued on an annual basis, where residents will receive 52 black sacks and 52 clear sacks, with a maximum collection of two sacks collected per week.

Bags of rubbish left to the side of your wheelie bin will not be collected. Please take extra rubbish to the household waste recycling centre in Grange Road or save it until your next rubbish collection.

If you have any queries about your refuse collection please contact Streetscene on **08000 198 598** or email [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk).

## Clinical Waste Collections

For those residents who administer their own home medical treatment it is the responsibility of the Healthcare professional (healthcare worker, nurse or doctor) to inform us if you require a clinical collection and clearly define the category of waste. It will either be:

- Sharps (needles)
- Infectious
- Offensive Waste

Your Healthcare worker, nurse or doctor will need to complete a referral form and send it to Streetscene.

Once Streetscene receive the completed referral form they will make arrangements to provide a collection service. This is a requirement under healthcare legislation and ensures that the waste goes into the correct container when collected for disposal.

### Sharps Collection

Residents with sharps will be provided with a yellow sharps box.

### Infectious Waste Collections

Those with infectious waste will be provided with orange sacks.

### Offensive Waste

Offensive waste should be placed in your household domestic waste.

### What do you need to do?

Your healthcare professional will be aware of the referral form and should send it to Streetscene automatically. Without a completed referral form, Streetscene will be unable to make arrangements to collect your clinical waste.

If you are treated by a healthcare professional in your own home, it is their responsibility to remove any resulting waste and dispose of this appropriately.

For more information please contact Streetscene on either **08000 198 598** or email [streetscene@gosport.gov.uk](mailto:streetscene@gosport.gov.uk).



## In August 2018 Universal Credit is coming to Gosport



Did you know that from August 2018 a new government benefit called Universal Credit will be introduced in Gosport? **You do not need to do anything now but if you are in receipt of any of the benefits listed below, you need to understand how this change could affect you.**

### What is Universal Credit?

Universal Credit is a new simpler, single monthly payment for people in or out of work. It will support working age people with their basic living expenses and housing costs and replaces the following benefits:

- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Income Support
- Housing Benefit
- Working Tax Credit
- Child Tax Credit

**From August 2018** if you are making a claim for any of the above benefits you will be expected to make your Universal Credit application online at [www.gov.uk/apply-universal-credit](http://www.gov.uk/apply-universal-credit). If you do not have access to a computer at home or do not have family or friends that can assist you, there are computers available at the Gosport Jobcentre Plus and your local library. A self-serve computer is also available for your use in the Benefits Section at Gosport Borough Council Town Hall and support is available by telephoning Gosport Borough Council on 023 9254 5325 or by visiting the Town Hall in person. The Benefit Section opening hours are currently Monday, Tuesday, Thursday and Friday, 9am to 5pm.

Universal Credit will be paid in a different way to your current benefits, usually once a month into your bank, building society or credit union account. If you get help with your rent within your Universal Credit, this will be included in your monthly payment – **it will be your responsibility to pay your rent directly to your landlord.**

Universal Credit does not include help to pay your Council Tax. You can still claim Local Council Tax Support from Gosport Borough Council online at [www.gosport.gov.uk](http://www.gosport.gov.uk).

## Did you know?

From Sunday 15th October, the old style round £1 coins will stop being legal tender. This means that shops and local businesses will not accept them.

Most high street banks and Post Office counters will continue to accept the £1 coins.



## How to pay your Housing Charges



**Rent is due in advance either weekly or monthly.**

Your rent, charges or arrears can be paid in the following ways:

- **Direct Debit** – paid monthly via your own bank or building society on 1st, 8th, 15th or 22nd of each month. This can now be set up over the telephone by contacting 023 9254 5665, when setting up please ensure that the bank account holder is present. Direct Debit mandates are available on request.
- **Over the telephone** – Call 023 9254 5665 to pay using your debit or credit card, Monday to Friday between 9am and 5pm. If you want to make multiple payments for rent, council tax and any other payments please call 023 9258 4242.
- **Standing Order** – Weekly, fortnightly, four weekly or monthly through your bank. GBC Bank sort code is 57-81-43 and account number is 00000000 – Borough of Gosport. Please quote your tenancy reference number when setting up this payment.
- **Faster/Online Payment** – set this up online or with your bank using the account details, GBC Bank sort code is 57-81-43 and account number is 00000000 – Borough of Gosport. Please quote your tenancy reference number when setting up this payment.
- **In person** – pay at the Town Hall cash desk by cash, cheque, debit or credit card Monday to Friday between 9am and 5pm.
- **Internet** – Payments can be made anytime via the internet [www.gosport.gov.uk/online-payments](http://www.gosport.gov.uk/online-payments)
- **All Pay card** – Pay at the Town Hall or your local pay point/shop/post office. Please call 023 9254 5665 to request an All Pay card.
- **Outside office hours** – As well as making internet payments, cheques can be sent in the post or through the secure letterbox at the front of the Town Hall (it is not advisable to send cash as the Council cannot accept any responsibility for any payments lost.) Cheques should be made payable to 'Gosport Borough Council'. Your tenancy reference number, name and address should be written on the back of the cheque and the envelope should be securely sealed.

Stay in touch! You can contact The Neighbourhood Management Team on **023 9254 5665** or by email on [housingofficers@gosport.gov.uk](mailto:housingofficers@gosport.gov.uk)





## Older Persons Month 2017

**Did you know?...** The month of October marks several special days, all dedicated to celebrating older people including the UN International Day of Older Persons, UK Older Peoples Day and Silver Sunday.

'Older Persons Month' provides an opportunity for local organisations, attractions and voluntary groups to put on events or activities for older people.

Gosport Older Persons Forum and Gosport Borough Council have worked together to produce a guide to "What's on" so you can find something that suits your interest. Copies will be available from the Town Hall or you can visit the Council's website at [www.gosport.gov.uk](http://www.gosport.gov.uk).

The activities and events listed are all aimed at encouraging older people to get 'out and about' during Older Persons Month – to have fun, be connected to the community, and perhaps try something different or make new friends.

For more information, contact Donna Simpson, Health and Wellbeing Partnerships Officer on **023 9254 5421** or email [donna.simpson@gosport.gov.uk](mailto:donna.simpson@gosport.gov.uk)

Listed opposite are some activities that may be of interest.



## 55+Info Fest and Winter Warmth Event

The annual 'Joint 55+ Info Fest and Winter Warmth Event' will take place at Thorngate Hall on **Friday 20th October**, from 10am to 3pm. The event will host a large exhibition with a range of organisations providing information and advice about local services, and keeping warm and well in the Winter months. In addition, Age Concern Gosport will be offering an opportunity to discuss how to approach putting end of life plans in place for you and your family, including advice from guest speakers.

There will also be a chance to watch or participate in fun demonstrations and activities such as yoga, Zumba Gold, singing, walking netball and more! The event is **free** to attend with **free** refreshments, including a limited supply of **free** cakes to people visiting after 1pm!

For more information, please contact Donna Simpson, Health and Wellbeing Partnerships Officer on **023 9254 5421** or email [donna.simpson@gosport.gov.uk](mailto:donna.simpson@gosport.gov.uk)

Radio Haslar situated at Bury House, Thorngate Halls will also be opening its doors on the day so that you can visit the studios, talk to presenters and see if you would like to be involved. Please be aware that they are based up one flight of stairs.

For more information please visit [www.radiohaslar.co.uk](http://www.radiohaslar.co.uk)

Wednesday 18th October – 2-3pm

### Memory Group

Gosport Discovery Centre, High Street, Gosport, Hants, PO12 1BT

This group is free and in a friendly social setting where you can share stories, poetry, have fun activities and reminisce. People with dementia and their carers are welcome.

For more information visit [www.gosport.dc@hants.gov.uk](mailto:www.gosport.dc@hants.gov.uk)

Every Monday and Thursday

### 50+ Activity Mornings

Gosport Leisure Centre, Forest Way, Gosport, Hampshire, PO13 0ZX

Come and try a range of our activities including badminton, swimming, sauna and steam room available for £2.70 per session.

For more information please visit [www.placesforpeopleleisure.org/centres/gosport-leisure-centre](http://www.placesforpeopleleisure.org/centres/gosport-leisure-centre)

Friday 20th October 2017 – 10.30am – 12 noon

### Reading Group for People with a Visual Impairment

Gosport Discovery Centre, High Street, Gosport, Hants, PO12 1BT

A friendly and chatty group, open to anyone who has trouble reading print or holding books. The Discovery Centre will supply a monthly book choice which will come in CD, Playaway or Large Print format. Seeing dogs are most welcome.

Come along, try out a new author and enjoy a cup of tea and biscuits.

For more information visit [www.gosport.dc@hants.gov.uk](mailto:www.gosport.dc@hants.gov.uk)

Wednesday 1st November 2017 – 12 noon-1pm

### Walking Netball – Free taster

Gosport Leisure Centre, Forest Way, Gosport, PO13 0ZX

Walking netball is a slower version of the game; it's netball, but at a walking pace.

Anyone can play regardless of age or fitness level. From those who have may have been injured, to those who believed they had hung up their trainers years ago, it really is for everyone!

For more information please contact [www.englandnetball.co.uk/my-game/walking-netball/](http://www.englandnetball.co.uk/my-game/walking-netball/)



# What's On

Every Tuesday – 9.30am-12 noon and 1.30pm-4.30pm

## Thorngate Short Mat Bowling Club

Thorngate Hall (ballroom), Bury Road, Gosport

This club is the only Short Mat Bowling Club in the area that plays all year round, in a relaxed and friendly environment.

Short Mat Bowling is enjoyable, social, rewarding, healthy and satisfying. It is a sport that takes a short while to learn and the rest of the bowling time to master.

For more information please contact [jimbarry27@tiscali.co.uk](mailto:jimbarry27@tiscali.co.uk)

Every Tuesday – 10am or 11am

## Zumba Gold

Club Hampshire, The Anchorage, Willis Road, Gosport, Hampshire, PO12 1LZ

Every Thursday – 10am  
Family Church Hall, Empower Centre, 2 Layton Road, Gosport, PO13 0JQ

Zumba Gold is a fun friendly class! It takes Zesty Latin music with low impact, safe, dance and fitness movements to give you an all over workout. Zumba Gold is suitable for all ages and abilities, and can be done seated. Come along and try a class, it's the most fun you'll have exercising! Costs £4.00 per class.

For more information please contact [www.facebook.com/zumbagoldwithpauline](http://www.facebook.com/zumbagoldwithpauline)

## Know your Limits

It is Alcohol Awareness week between 13th-19th November and the theme this year is 'Alcohol and Families'. Drinking too much doesn't just affect you; it can also harm your loved ones. It's recommended that you don't drink more than 14 units a week, and that you have several days a week free from alcohol. You are putting yourself at high risk if you regularly drink more than 28 units per week. This can cause depression, trouble sleeping, cancer and liver disease.



Here are some tips for cutting down:

- Switch to a lower strength alcoholic drink.
- Drink a soft drink in between each alcoholic drink.
- Don't take part in buying rounds of drinks on a night out.

Also avoid temptation to let children under 18 years drink as their bodies are unable to deal with alcohol very well and the earlier they start the more likely they are to drink heavily as they get older.

For more information and tips take a look at 'One You' website [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

Every Monday and Thursday – 12noon-1pm

## Walking Football

Gosport Leisure Centre, Forest Way, Gosport, PO13 0ZX

Come along to our walking football sessions and relive the glory days! The sessions are open to everyone whatever their age or ability, so come along and play. Cost is £1.00 per session.

For more information please visit [www.placesforpeopleleisure.org/centres/gosport-leisure-centre](http://www.placesforpeopleleisure.org/centres/gosport-leisure-centre)



# HomeSwapper

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Get 12 weeks for

free

Weight Watchers and Hampshire County Council are working together and are delighted to invite you to join Weight Watchers

5 new meetings in your area  
Please turn over



To find out if you qualify for FREE, use the checklist below  
I have a Body Mass Index (BMI) of 30+ (If you don't know, we can help)  
I am 18 or above

CALL NOW to complete the next step  
**0345 602 7068**  
Quoting WWS095



# New meetings in your area

## Monday at 5.30pm

St Marys Parish Centre, Green Road, Gosport, PO12 2ET.

## Wednesday at 9am

Starts 6th September

Rowner Family Centre, 19 Falcon Meadows Way, Gosport, PO13 8AA.

## Wednesday at 11.15am

Starts 6th September

The Old Railway Room, Spring Garden Lane, Gosport, PO12 1LP.

## Wednesday at 1.30pm

Starts 6th September

St Faiths Parish Centre, Victoria Square, Lee on Solent, PO13 9NF.

## Thursday at 10am

Nobes Hall, Nobes Avenue, Bridgemary, PO13 0HS.

Come and join us,  
we'd love to meet

you!

