

Hampshire & Isle of  
Wight

# Signposting manual

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## National Signposting

### Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

### Healthy Lifestyles

<https://www.nhs.uk/live-well/healthy-body/>

### Smoking

<https://www.nhs.uk/live-well/quit-smoking/>

### Nutrition

<https://www.nhs.uk/live-well/eat-well/>

### Physical Activity Guidelines

<https://www.nhs.uk/live-well/exercise/>

### Active10

<https://www.nhs.uk/oneyou/active10/home>

### Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/>

### Alcohol Consumption

<https://www.nhs.uk/live-well/alcohol-support/>

### Mood

<https://www.nhs.uk/conditions/stress-anxiety-depression>

## Hampshire & IOW Signposting

### Weight Management

#### **Diabetes UK**

[www.diabetes.org.uk/recipes](http://www.diabetes.org.uk/recipes)

03451232399

Helping families with diabetes shop, cook and eat.

#### **Slimming World**

[www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)

0344 892 0400

Image therapy, eating plans, activity management and groups support.

#### **Shape up 4 Life Hampshire**

<https://www.shapeup4lifehampshire.co.uk/>

A new 12-week weight management programme has been funded by Hampshire County Council for residents who want to achieve a healthier weight.

#### **Weight Watchers**

[www.weightwatchers.com/uk](http://www.weightwatchers.com/uk)

[uk.help@weightwatchers.co.uk](mailto:uk.help@weightwatchers.co.uk)

Weekly meetings, group support and access to an easy to-use app.

#### **Overeaters anonymous**

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

07798 587802

[general@oagb.org.uk](mailto:general@oagb.org.uk)

#### **Live Well**

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

### Physical Activity

#### **Walking For Health | UK**

[www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder)

Local walks for health across the UK BETTER the feel-good place- find the nearest leisure centres, gyms, and pools across the UK.

#### **Be Active with Long-term health conditions**

<https://weareundefeatable.co.uk/>



Visit the website to get advice on how to get more active while managing health conditions. Find what works for you.

### **Parkrun**

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

Parkrun organise free, weekly, 5km timed runs around many parks in Hampshire & Isle of Wight. They are open to everyone, free, and are safe and easy to take part in.

## **Mental Health**

### **NHS Psychological Therapies Services (IAPT)**

<https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20%28IAPT%29/LocationSearch/10008>

IAPT is widely-recognised as the most ambitious programme of talking therapies in the world and in the past year alone more than one million people accessed IAPT services for help to overcome their depression and anxiety, and better manage their mental health. Find your nearest provider on the NHS website.

### **Start a Conversation**

[www.startaconversation.co.uk](http://www.startaconversation.co.uk)

Start a conversation is a suicide prevention service, where people can access support in a non- judgemental environment.

### **The Tomorrow Project- Suicide Bereavement**

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

07954 008 356

[info@tomorrowproject.org.uk](mailto:info@tomorrowproject.org.uk)

The tomorrow project is a confidential suicide prevention project that has been set up to support individuals and communities to prevent suicide. The project currently delivers a suicide crisis service, a police-referral suicide bereavement service and self- referral.

### **Every mind matters**

[Get your free Mind Plan](#)

NHS-approved [Mind Plan](#). By answering five simple questions online, adults will get a personalised mental health action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control.

### **We Are Undefeatable**

[Ways to Move - We Are Undefeatable](#)

We Are Undefeatable is a movement supporting people with a range of long term

health conditions, developed by 15 leading health and social care charities and backed by expertise, insight and significant National Lottery funding from Sport England. Our purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them. Every move enables more. Find out how to get active whilst living with a health condition today.

### **Mind**

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

Advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

### **PositiveMinds**

[PositiveMinds | Emotional wellbeing and veteran mental health support in Portsmouth by Solent Mind](#)

PositiveMinds offer quick, informal mental health support for whatever you are facing. They can offer support in person, over the phone or online on Zoom. For anyone aged 18+ in Portsmouth.

### **Talking Change**

[Talking Change – Homepage](#)

Talking Change can help with a range of mental health problems and also offer support if you're struggling to sleep, or with a physical condition such as chronic pain. For anyone aged 16+ in Portsmouth.

### **Kooth**

[Home - Kooth](#)

Kooth offer anonymous mental health support online. The website is available 24 hours a day, 7 days a week, with counselling available at selected times. For anyone aged 11-25 in Portsmouth.

### **Shout**

[About Shout 85258 | Shout 85258 \(giveusashout.org\)](#)

Shout offer anonymous mental health support via text. The service is available at any time, and it won't show up on your phone bill. For all ages in Portsmouth.

### **The Harbour**

[The Harbour - mental health service - Health & Care Portsmouth](#)

The Harbour is an informal, non-judgemental, out-of-hours mental health service. They can help you if you're feeling overwhelmed, helpless, isolated, or alone, or if you need urgent mental health support. For anyone aged 18+ in Portsmouth.

## **Health Support**

### **Health and Wellbeing Coach**

<https://www.nhs.uk/service-search/find-a-gp>

1:1 personalised lifestyle support, helping people to increase activity levels, improve eating habits, managing stress, reduce smoking or alcohol use and maintain the long-term changes they need to improve their health and wellbeing. To find out if your GP offers this service, please give them a call to enquire.

### **Social Prescribers**

<https://www.nhs.uk/service-search/find-a-gp>

Social prescribers are health professionals that are here to help you look after your health and wellbeing. They can help support you in accessing a wide range of support services. They will also give you the time to talk to discuss your worries, fears and concerns. To find out if your GP offers this service, please give them a call to enquire.

### **Loneliness Support – Marmalade Trust**

<https://www.marmaladetrust.org/law>

Marmalade Trust's mission is to find and support isolated people to reconnect with society and enjoy better lives.

### **Dementia Friends**

<https://bit.ly/3sjiTEi>

During this friendly and interactive session, you'll learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community.

### **Age UK**

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

Age UK's vision is to make the UK a great place to grow older. They do this by inspiring, supporting and enabling in a number of ways.

### **British Heart Foundation**

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

Reliable, simple information about heart and circulatory diseases, and their risk factors.

## Domestic Abuse Support

### United Against Violence Abuse

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

United against violence and abuse are specialist providers of domestic and sexual violence services.

### Respect

[www.respect.uk.net](http://www.respect.uk.net)

Domestic abuse organisation developing safe, effective work with perpetrators, male victims and young people who use violence.

### National Domestic Abuse Helpline | Refuge

[www.refuge.org.uk/what-we-do/our-services](http://www.refuge.org.uk/what-we-do/our-services)

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

0808 2000 247

Domestic violence support for men, women, young people and children with a 24/7 helpline.

## Housing Association

### Welcome to Hampshire Home Choice

[Frequently Asked Questions - Hampshire Homechoice](#)

Hampshire Home Choice is a sub-regional choice-based lettings scheme managed by East Hampshire District Council, Eastleigh Borough Council, Havant Borough Council, Test Valley Borough Council and Winchester City Council.



## Portsmouth & South East

### Smoking Cessation

#### **Your Free and Confidential Stop Smoking Service**

[Smokefree Hampshire | Your Stop Smoking Service](#)

We're here to help you. We understand that different types of support work for different people.

#### **The Portsmouth Wellbeing Service**

[www.wellbeingportsmouth.co.uk](http://www.wellbeingportsmouth.co.uk)

023 9229 4001

The Portsmouth Wellbeing Service supports Portsmouth residents (PO1 to PO6) to quit smoking, achieve a healthy weight through eating well and moving more, and to drink less alcohol. If you are a Portsmouth resident, you can self-refer on [www.wellbeingportsmouth.co.uk/contact-us/](http://www.wellbeingportsmouth.co.uk/contact-us/) For any other enquiries, please contact us directly. Your GP can also refer you.

### Weight Management

#### **Connect to Support Hampshire**

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

The aim of this website is to help you to stay independent for longer by providing you with resources to look after yourself, stay safe and connected with your local community.

#### **NHS Choices**

<https://www.nhs.uk/livewell/loseweight/Pages/Loseweighthome.aspx>

#### **Self-referral to Weight Watchers**

<https://www.weightwatchers.com/uk/hampshire>

For people with BMI 30+, aged 18 year or over, identified as obese (BMI  $\geq 30$ ), a resident in the administrative county of Hampshire (excluding Southampton/Portsmouth residents).

### Physical Activity

#### **Live Well**

[Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

### **Man V Fat**

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

0333 006 8320

[football@manvfat.com](mailto:football@manvfat.com)

MAN v FAT Football is for men with a BMI of 27.50 or over. Over 90% of players lose weight and get fitter.

### **Get Active**

[Get Active Hampshire](#)

Being active is about finding out what works for you. That could be a short walk in the park, a fitness class in your living room or some seated exercise whilst drinking a cuppa. We can help you find loads of great activities to choose from, however fit (or unfit) you think you feel.

### **TGO Gyms**

[Find a gym | The Great Outdoor Gym Company \(tgogc.com\)](#)

With over 1500 TGO Gyms, there's bound to be one near you. The vast majority of TGO Gyms are open access facilities – turn up any time of day, get active for the free, enjoy the fresh air and top up your vitamin D. We specialise in designing inclusive and family-friendly outdoor gyms – this means there's something for everyone, so whatever your age or fitness stage, come and join us for free.

### **Sport in Mind**

[Hampshire | Sport in Mind](#)

We are the UK's leading mental health sports charity and deliver physical activity (sport, walking, dance and movement, gardening and exercise sessions) projects in partnership with the amazing NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.

### **BH Live**

[More places on Portsmouth's exercise referral scheme available - BH Live](#)

More people in Portsmouth can be prescribed gym sessions, swims and exercise classes through their GP thanks to an exercise referral scheme which is expanding across the region.

People looking for help to manage symptoms caused by diabetes, hypertension, weight, cardiovascular disease, cancer, neuro-muscular conditions, a stroke, mental illness and emotional stress can ask their GP or a health professional to refer them to BH Live's exercise referral scheme to help improve their symptoms through physical activity.

### **Pompey Fit Fans**

<https://www.pompeyitc.co.uk/fit-fans/>  
[fitfans@pompeyitc.org.uk](mailto:fitfans@pompeyitc.org.uk)

For those aged 35-65 with a BMI 28+. There are FREE 12-week Fit Fan programmes now available for a limited time. What can you expect?

- 12 FREE weekly sessions at your local football club
- Meet other football fans on the same journey as you
- Learn how to make better choices to improve your lifestyle and health
- Be supported through your journey by club staff

### **Run Walk Local**

[Home - Run Walk Local Portsmouth \(rwlportsmouth.co.uk\)](http://Home-Run-Walk-Local-Portsmouth.rwlportsmouth.co.uk)

Our events take place every Sunday (unless advised otherwise). We meet at Hilsea Lido car park PO2 9RP. 09.15 for a 09.30 start.

We offer 2 courses. A 2K and 5K so there is something for everyone. People are often worried about being slow (not a word we understand). It is up to the individual what they choose, and we will support them all of the way. The 2K course is popular with families and people returning to exercise.

## **Discounted Memberships**

### **Everyone Active**

[www.everyoneactive.com/](http://www.everyoneactive.com/)

Everyone active deliver a free exercise referral programme which is designed to improve the health and wellbeing of individuals by promoting and providing opportunities for increased physical activity, specifically for people with defined medical conditions. If you are referred by your GP and you wanted to become a member of their leisure centre facilities, you would receive a 25% discounted membership.

### **Pure Gym**

[www.puregym.com/](http://www.puregym.com/)

Pure Gym are committed to bringing high quality, affordable gyms to everyone, everywhere. To receive a 10% discount, please ask your coach for a discount code to use when signing up on the Pure Gym website.

## **Domestic Abuse Support**

### **Citizens Advice Test Valley**

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

08082 787 862

**NSPCC Helpline**

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

0808 800 5000

**Rape Crisis**

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

0330 363 0063

**Respect phoneline**

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

0808 802 4040

**Rights of Women**

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

0207 251 6575

**Samaritans (Confidential emotional support)**

[www.samaritans.org](http://www.samaritans.org)

0330 094 5717

**Stop Domestic Abuse**

[advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)

0330 016 5112

**Victim Support**

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

0333 251 4963

**Women's Aid**

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

01744 735477 – They also have a Live Chat

**Women's Self Injury Helpline CASS**

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

0808 800 8088

**Local Sports Alliance**

[Alliance of Sport in Criminal Justice](#)

Based on the large Leigh Park estate, the project provides a huge range of weekly sports, arts and cultural activities alongside accredited training, personal and social development, as well as youth forums and targeted workshops that tackle relevant community issues.

## Local Libraries

### **Southsea Library – Public Library Service**

<https://librariesandarchives.portsmouth.gov.uk/.../southsea-library>

023 9268 8057

[libraries@portsmouthcc.gov.uk](mailto:libraries@portsmouthcc.gov.uk)

Public Library Service; The Portsmouth History Centre; School Library Service; Accessibility options.

### **Central Library – Public Library Service**

<https://librariesandarchives.portsmouth.gov.uk/public-library-service/>

023 9268 8057

[libraries@portsmouthcc.gov.uk](mailto:libraries@portsmouthcc.gov.uk)

Central Library – Public Library Service.

### **North End Library – Public Library Service**

<https://librariesandarchives.portsmouth.gov.uk/public-library-service/>

023 9268 8057

[libraries@portsmouthcc.gov.uk](mailto:libraries@portsmouthcc.gov.uk)

## Learning Disability Teams

### **Scope**

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

0808 800 3333

Scope is a national charity that aims to provide support and advice to those with disabilities.

### **Mencap**

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

0808 808 1111

Mencap provide a wide range of support services to those with learning disabilities.



## Southampton & Southwest

### Smoking Cessation

#### NHS Quit Smoking

[Quit smoking - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/quit-smoking-better-health)

Use the NHS Quit Smoking app to help you quit smoking and start breathing easier. The app allows you to: track your progress, see how much you're saving, get daily support. If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

### Weight Management

#### Steps2Wellbeing

[Steps 2 Wellbeing - Body and Mind](#)

Within the Steps2Wellbeing service we understand that additional stressors on your physical health can lead to problems with your mental health. Long term health conditions can increase your risk of mental health conditions and decrease your ability to access help. We want to change this here at Steps to Wellbeing. Our "Body and Mind" services offer tailored help to those suffering from long term health conditions.

#### The Weigh Ahead

[The Weigh Ahead \(spirehealthcare.com\)](https://spirehealthcare.com)

'The Weigh Ahead' specialist weight management service is hosted by Spire Southampton Hospital for NHS patients referred by their GP.

Over a six-month programme our team of experts will provide you with the tools you need to lose weight and lead a healthier lifestyle. Through a programme that is tailored specifically to your needs, "The Weigh Ahead" aims to help you lose at least 5-10% of your excess body weight to achieve improved health outcomes.

### Physical Activity

#### Outdoor Gyms

[Outdoor Sports Centre - Active Nation](#)

Welcome to the Outdoor Sports Centre, a 56-acre space dedicated to getting people physically active, Outdoors! There is something for everyone, at any level and for all ages! We have a range of traditional and alternative sports including; an extensive BMX track, 10 netball courts, 9 football pitches, 2 hockey pitches, 12 tennis courts, 2 bowls greens, a pétanque area, 12 hole crazy golf, a trim trail, full athletics track and stadium, 5 cricket pitches, 3 rounders pitches, a cyclocross course.

**Active Together**



**Ascension Running Community**

02380 559074

Ascension Church, 1 Thorold Road, Bitterne Park, Southampton, Hampshire, SO18 1HZ

**Active Nation Fitness Suite**

023 8043 7647

Bitterne Leisure Centre

Dean Road Southampton Hampshire, SO18 6AQ

**Active Nation Fitness Suite**

023 8072 0900

The Quays, 27 Harbour Parade, Southampton, Hampshire, SO15 1BA

**Cycles for All, Inclusive Cycling Project**

023 8061 2710

Pavilion On The Park, 1 Kingfisher Road, Eastleigh, Hampshire, SO50 9LH

**Calshot Activities Centre**

023 8089 2077

Calshot Spit, Calshot, Southampton, Hampshire, SO45 1BR

**Active Nation. Chamberlayne Leisure Centre**

023 8043 7668

150 Weston Lane, Southampton, Hampshire, SO19 9SJ

**City of Southampton Swimming Club**

07789 881199

The Quays, 27 Harbour Parade, Southampton, Hampshire, SO15 1BA

**David Lloyd Leisure Ltd**

023 8074 7160

0845 129 6707

Sports Centre, Nursling, Southampton, Hampshire, SO16 0XS

**Dizzy Feet Dancing**

02380 231912

Poveys, 159 Shirley Road, Southampton, Hampshire, SO15 3FG

**Folk Active Dances with Live Music**

Freemantle & Shirley Community Centre, Randolph Street, SO15 3HE

**Football 11-a-side League Active Nation**

0300 0200 135

Outdoor Sports Centre, Thornhill Road, Southampton, Hampshire, SO16 7AY

**Football 5-a-side League Active Nation**

0300 0200 135

Outdoor Sports Centre, Thornhill Road, Southampton, Hampshire, SO16 7AY

**Gardening**

07888193148

St. James' Park, Church Street, SO15 5SD

**Group activity sessions**

02380404844

QE2 Activity Centre, River Hamble Country Park, Pylands Lane, Hedge End, SO31 1BH

**Hampshire County Cricket Club**

023 8047 2002

Botley Road, West End, Southampton Hampshire, SO30 3XH

**Health & Leisure New Forrest**

023 8028 5531

Applemore Recreation Centre, Claypits Lane, Dibden, Southampton Hampshire, SO45 5TN

**Health and Fitness Group (Avenue St Andrews)**

023 80 678787

Avenue St. Andrew's URC, The Avenue (Opposite Northlands Road), Southampton,  
SO17 1XQ

**Hurricanes Rugby Club**

07743573245

The HUB/Eastleigh RFC Bishopstoke Road, SO50 6LA

**Active Nation - BCU Star Awards (Kayaking And Canoeing)**

023 8091 5744

Woodmill Outdoor Activities Centre, Woodmill Lane, Southampton, Hampshire,  
SO18 2JR

023 8091 5744

**Ki Akido Club (Southampton)**

023 8057 8657

Cantell School, Violet Road, Bassett, Southampton, Hampshire, SO16 3GJ

**Mary-Lou's Line dancing Club**

07947862439

St Mary's C of E Church Hall, St Monica Road, Sholing, SO19 8ES

**Millbrook RFC**

023 8073 3861

Lordshill Recreation Ground, 69 Redbridge Lane, Southampton, Hampshire, SO16  
9BP

**Oaklands Badminton Club**

023 8078 7574

Oasis Academy Lords Hill, Romsey Road, Southampton, SO16 8FA

**Oaklands Community Swimming Pool**

023 8073 3496

Oaklands Community Pool, Cromarty Road, Southampton, SO16 8LX

**Shirley Swimming Pool**

023 8078 1901

Shirley Swimming Pool, Kentish Road, Southampton, Hampshire, SO15 3GR

**Southampton Hockey Club.**

07889296649

Southampton Sports Centre, Outdoor Sports Centre, Thornhill Road, Southampton,  
Hampshire, SO16 7AY

**Southampton Water Activity Centre (SWAC)**

023 8091 5753

07768 900 156

Longbridge Industrial Park, Floating Bridge Road, Southampton, Hampshire, SO14 3FL

**Swain Taekwon-Do - Totton**

07895717438

Testwood Sports College, Testwood Lane, Totton, Southampton, SO40 3ZW

**Tai Chi Classes**

07557 226 343

The Hinkler Community Centre, Hinkler Community Centre, 330 Hinkler Road, Southampton, SO19 6DF

**Bassett Lawn Tennis Club**

023 8077 4694

122-142 Wilton Road, Southampton, Hampshire , SO15 5JR

**Portswood Lawn Tennis Club**

023 8058 6089

023 8055 5552

Abbotts Way, Southampton, Hampshire, SO17 1QU

**South Hants Lawn Tennis Club**

023 8073 5083

Northlands Road, Southampton, Hampshire, SO15 2LN

**Health Support**

**NHS Health Check**

<https://www.nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check-new/>

The NHS Health Check is a free check-up of your overall health. It can tell you whether you're at higher risk of getting certain health problems, such as:

- [heart disease](#)
- [diabetes](#)
- [kidney disease](#)
- [stroke](#)

During the check-up you'll also discuss how to reduce your risk of these conditions and [dementia](#). If you're over 65, you will also be told the [signs and symptoms of dementia](#) to look out for.



## Mental Health

### Priory Wellbeing Centre Southampton

<https://www.priorygroup.com/locations/priory-wellbeing-centre-southampton>

Priory wellbeing centre Southampton is able to provide fast access to flexible and convenient outpatient treatment for a broad variety of mental health conditions.

### Solent Mind

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

For better mental health in Hampshire. We're here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support. Our mental health experts can help if you feel low, worried, or anxious and need to talk.

### Steps 2 Wellbeing

[https://www.steps2wellbeing.co.uk/southampton\\_city/course\\_information/introduction/](https://www.steps2wellbeing.co.uk/southampton_city/course_information/introduction/)

We run a variety of courses in Southampton. Our courses are used as standalone therapies, or in combination with one-to-one therapy. If we feel you will benefit from one of the courses, we run you will be invited to attend when you refer to us.

## Local Libraries

### Libraries

- [Bitterne Library](#)
- [Central Library](#)
- [Lordshill Library](#)
- [Portswood Library](#)
- [Shirley Library](#)
- [Woolston Library](#)
- [Business & IP Centre](#)

### Community Libraries

- [Burgess Road Library](#)
- [Cobbett Hub and Library](#)
- [Millbrook Community Library](#)
- [Thornhill Community Library](#)
- [YMCA Weston Library](#)

## Housing Association

Here to help support those with low incomes find housing.

### Housing Association Southampton

#### Hyde Housing Association

<https://www.hyde-housing.co.uk/>

0800 328 2282

63 St Mary Street, Southampton

#### Hanover Housing Association

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

023 8058 1852

Homeless shelter

9 Westwood Road, Southampton

#### Stonham Housing Association

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

023 8042 5350

Housing cooperative

12 Hazel Road Woolston, Southampton

#### The Hyde Group

<https://www.hyde-housing.co.uk/>

0800 085 4195

63 St Marys Street, Southampton

#### Housing & Care 21

<https://www.housing21.org.uk/>

0370 192 4721

Housing cooperative

Ironside Court Hamtun Street, Southampton

## Learning Disability Teams

Services to support people with learning disabilities in the city are provided in partnership between Southern Health NHS Foundation Trust and Southampton City Council. The Southampton Community Learning Disability Teamwork with adults aged 18 years and above with a learning disability and have adapted health care need(s).

[Southampton Community Learning Disability Team](#)

[Southampton :: Southern Health NHS Foundation Trust](#)

## North & Mid Hampshire

### Physical activity

#### **Be Inspired**

[beinspireduk.org/play](https://beinspireduk.org/play)

Guides on how to get started with a range of different sports, including how to find a local organisation and clubs, as well as ideas for exercising on a budget, and with a disability.

#### **Carry on Gardening**

[carryongardening.org.uk](https://carryongardening.org.uk)

Help for anyone with a disability to start or continue gardening.

#### **National Trust**

[nationaltrust.org.uk](https://nationaltrust.org.uk)

Lists walks and open gardens, parks and estates that you can visit.

#### **Ramblers**

[ramblers.org.uk](https://ramblers.org.uk)

Supports people throughout England and Wales to spend time walking outdoors, through their programmes and community.

#### **Run Together**

[runtogether.co.uk/groups](https://runtogether.co.uk/groups)

A directory of running groups across the UK. Supports mental health via a network of Mental Health Champions and #runandtalk events.

#### **Social Farms & Gardens**

[farmgarden.org.uk](https://farmgarden.org.uk)

Information on care farming and community growing projects, including a network of local farms.

#### **Sustrans**

[sustrans.org.uk](https://sustrans.org.uk)

Provides information about taking up cycling, including information about cycle safety, and ideas and maps for local rides.

#### **Swimming.org**

[swimming.org](https://swimming.org)

Has a search tool to find your local swimming pool, information about adult swim classes and water-based sports, as well as pool exercises you can do on your own.

#### **The Conservation Volunteers (TCV)**

[tcv.org.uk](https://tcv.org.uk)

Runs conservation activities and a network of Green Gyms across the UK.

**The Wildlife Trusts**

[wildlifetrusts.org](http://wildlifetrusts.org)

Organisation made up of local membership groups which care for nature sites.

**This Girl Can**

[thisgirlcan.co.uk/activities](http://thisgirlcan.co.uk/activities)

Ideas to help anyone who identifies as female become more active, providing information about a wide range of sports and other activities, including ways to add more activity in your day-to-day life.

**Walking for Health**

[walkingforhealth.org.uk](http://walkingforhealth.org.uk)

Supports a network of walking groups across England.

**Woodland Trust**

[woodlandtrust.org.uk](http://woodlandtrust.org.uk)

Protects trees and forests in the UK. Be in a healthy environment.

**Health Support**

**We Are Undefeatable**

[weareundefeatable.co.uk](http://weareundefeatable.co.uk)

Campaign to support people with long-term health conditions to be more active, including mental health problems. Includes information on finding new ways to be active, and ideas for getting started with physical activity.

**Get Set to Go**

[getsetto.go.mind.org.uk](http://getsetto.go.mind.org.uk)

Mind programme that supports people with mental health problems to take up sport or physical activity in England.

**Being active with a health condition**

[Being active with a health condition - Energise Me](#)

Being active with a health condition will feel easier some days than others. Start small. Make the most of your good days. And build it up from there.

**Active Partnerships**

[activepartnerships.org](http://activepartnerships.org)

A network of 43 local organisations across England that support sport and physical activity opportunities for participants, coaches and volunteers. Has a search tool to find your nearest partnership, with opportunities to be active in your local area.

**Activity Alliance**

[activityalliance.org.uk](http://activityalliance.org.uk)

Supports disabled people to become more active. Provides information about how to start, where to find inclusive programmes and gyms, and personal stories about getting more active with a disability.

### **Couch to 5K**

[Couch to 5k app or podcast](#)

Couch to 5K is a running programme for absolute beginners. Complete in as little as 9 weeks, or longer if you want to go at your own pace. Download for free.

### **Get active at home**

[Join the Movement | Sport England](#)

Find free online content and things you can try from the comfort of your own home, whether you're on your own, with the kids, or looking for something a bit different.

### **Southampton Community Navigators and Social Prescribers**

023 8021 6050

The role of Southampton Community Navigators and Social Prescribers is to connect residents with local support in their communities through services, groups, or activities. This could be to improve your health and wellbeing, meet new people, or get access to other support. Both of these roles may be able to connect you to a variety of ways to be more active in a way that suits you.

You can find out more about Community Navigation by phoning SO: Linked on 023 8021 6050 or filling out an [online referral form](#). Alternatively, you can also ask your GP Practice if there is a Social Prescriber who could connect you with local activity groups or activities.

### **Get Active on SmartCities Card**

<https://www.southampton.gov.uk/travel-transport/apply-pay/itchen-bridge/smartcities/#leisurecard>

Residents living within the city council boundary, who are in receipt of some benefits, are entitled to discounted activities with a Get Active subscription on their SmartCities card. The discount applies during off-peak times in participating leisure venues in Southampton including Active Nation venues and activities, Southampton Municipal Golf Course and Allotments.

### **Walking and Cycling**

Enjoy Southampton's walking and cycling routes with friends and family, as part of your commute, or to help improve your health and wellbeing.

Discover a range of walking routes on the **free** [Go Jauntly walking app](#).

Find a health walk or walking group in Southampton on [My Journey – Walking Opportunities](#).

Find cycle routes, guided rides, and cycle confidence training on [My Journey – Get Cycling](#).



## Housing Association

### Hampshire Homechoice

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

Hampshire Home Choice is a sub-regional choice-based lettings scheme managed by East Hampshire District Council, Eastleigh Borough Council, Havant Borough Council, Test Valley Borough Council and Winchester City Council.

Hampshire Home Choice is a way of looking for social housing available for rent across the Hampshire Home Choice sub-region and aims to give applicants a choice in deciding where they wish to live.

### National Housing Federation

<https://www.housing.org.uk/our-work/together-with-tenants/>

Together with Tenants is a sector-wide initiative focused on strengthening the relationship between residents and housing association landlords.

Together with Tenants embodies all the great work happening across the sector to create positive relationships with residents. But it also challenges our sector to go further – presenting an opportunity for housing associations to take the lead in accountability and resident oversight.

We have been working with residents, an independent [Tenant Advisory Panel](#), a [Member Steering Group](#) and our members to understand what change is needed.

## Local Libraries

### Aldershot Library

<https://www.familiesonline.co.uk/local/north-hampshire/listing/aldershot-library>

GU11 1DQ, Aldershot

### Alton Library

<https://www.familiesonline.co.uk/local/north-hampshire/listing/alton-library>

GU34 1HT, Alton

### Andover Library

<https://www.familiesonline.co.uk/local/north-hampshire/listing/andover-library>

SP10 1LT, Andover

### Basingstoke Discovery Centre

<https://www.familiesonline.co.uk/local/north-hampshire/listing/basingstoke-discovery-centre-401624>

RG21 7LS, Basingstoke

### Basingstoke Library

<https://www.familiesonline.co.uk/local/north-hampshire/listing/basingstoke-library>

RG21 7LS, Basingstoke

**Bordon Library**

<https://www.familiesonline.co.uk/local/north-hampshire/listing/bordon-library>

GU35 0TN, Bordon

**Chineham Library**

<https://www.familiesonline.co.uk/local/north-hampshire/listing/chineham-library>

RG24 8BQ, Basingstoke

**Farnborough Library**

<https://www.familiesonline.co.uk/local/north-hampshire/listing/farnborough-library>

GU14 7JZ, Farnborough

**Fleet Library**

<https://www.familiesonline.co.uk/local/north-hampshire/listing/fleet-library>

GU51 4BX, Fleet

**Romsey Library**

0300 555 1387

Romsey Library Station Road, Romsey

**Fareham Library**

0300 555 1387

Osborn Road, Fareham

**Chandler's Ford Library**

0300 555 1387

Oakmount Road, Eastleigh

**Fleet Library**

0300 555 1387

236 Fleet Rd, Fleet

**West End Library**

0300 555 1387

Parish Centre, Chapel Road, West End

**Food Banks and Emergency Food Supply**

**Andover Foodbank**

<https://andover.foodbank.org.uk/>

01264 362111

St John The Baptist Rc Church, Alexandra Road, Andover

**The Trussell Trust Food Bank**

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

07773 034447

Bank/credit union  
15 Market Square, Alton

**The Trussell Trust Food Bank**

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

07926 806256

Community services/non-profits  
Reading Rd South, Fleet

**Waterside Foodbank**

<https://waterside.foodbank.org.uk/>

07768 713329

Community services/non-profits  
Hampton Lane Blackfield, Southampton

**MCKS Charitable Food Pantry**

01256 212020

Crown Heights Alencon Link, Basingstoke

**Beacon food bank.**

Havant Central Address: The Beacon, 69-73 Meridian Centre, Havant, PO9 1UN.

**PO9 food bank**

Leigh Park area

**The Bridge Church Food Bank**

Hayling Island

**Hayling Island Community Centre food bank**

**Waterlooville Food bank**

Waterlooville, including Wecock Farm.

## Isle of Wight

### Leisure Centres

#### **The Heights Leisure Centre**

<https://1leisure.co.uk/contact/>

01983 823881

Broadway, Sandown

#### **West Wight Sports & Community Centre**

<https://westwight.org.uk/>

01983 752168

Moa Place, Freshwater

#### **1Leisure**

<https://www.iow.gov.uk/Residents/Leisure-and-Sport/>

01983 823880

Fairlee Road, Newport

### Libraries

#### **Isle Of Wight Council Library Service**

<https://www.iow.gov.uk/Residents/Libraries-Cultural-and-Heritage/Local-Libraries/>

01983 823824

Lord Louis Library, Orchard St, Newport

#### **Cowes Library**

<https://www.iow.gov.uk/Residents/Libraries-Cultural-and-Heritage/Local-Libraries/Cowes-Library/Introduction-to-Cowes-Library>

01983 293341

12-14 Beckford Road, Cowes

#### **Sandown Library**

01983 402748

119 High Street, Sandown

### Wellbeing

#### **Isle of Wight Community Mental Health Support Hub**

[Isle of Wight Community Mental Health \(iwmentalhealth.co.uk\)](http://iwmentalhealth.co.uk)

We have brought together a wide range of resources to signpost you to the support you need to help you manage your mental health. With information about self-help tools including links to apps, videos and workshops, advice and information sources,

helpline numbers and local support services and groups it will help you find the help you need in a way that works for you.

### **Isle of Wight Health and Care Plan**

[Home :: Start Well, Live Well, Age Well \(iowhealthandcare.co.uk\)](http://www.iowhealthandcare.co.uk)

The NHS, GPs, the council and the community and voluntary sector are working together to improve health and social care. We share a single vision, that people will lead healthy, independent lives.

### **This Girl Can**

<https://www.thisgirlcan.co.uk/>

This Girl Can is a national campaign to inspire women to wiggle, jiggle and move. It is funded by Sport England and The National Lottery. The campaign features real women being active in all their red-faced and sweaty glory. It's bold, colourful and unapologetic.

### **Energise Me**

<https://www.energiseme.org/getting-active/>

## **Mental Health**

### **Isle of Wight Community Mental Health Support Hub**

[Isle of Wight Community Mental Health \(iwmentalhealth.co.uk\)](http://www.iwmentalhealth.co.uk)

We have brought together a wide range of resources to signpost you to the support you need to help you manage your mental health. With information about self-help tools including links to apps, videos and workshops, advice and information sources, helpline numbers and local support services and groups it will help you find the help you need in a way that works for you.

## **Physical Activity**

### **The Isle of Wight Sports Foundation**

[Isle of Wight Sports Foundation Members \(iowsports.org\)](http://www.iowsports.org)

The Isle of Wight Sports Foundation (formerly the Isle of Wight Sports and Recreation Council) is an independent charity that represents and supports for all sports and recreational clubs on the Isle of Wight. The aim of the Foundation is to promote sport and physical activity on the Isle of Wight.



### **Walk and Talk Buggy walks**

01983 525985

[toby.eaglen@sovereign.org.uk](mailto:toby.eaglen@sovereign.org.uk)

[sarahb@vectishousing.co.uk](mailto:sarahb@vectishousing.co.uk)

The buggy walks are being organised by Sovereign, Vectis Housing and Southern Housing Group to encourage local families to take some fresh air and gentle exercise over a conversational trip to the park. The walks start at 10am and will finish at 12 noon.

### **Healthy Lifestyles IOW**

<https://www.healthylifestylesiow.co.uk/>

Join Our Free 12 Week Weight Management Course

Maintaining a healthy weight is important for overall health as it helps to lower your risk of Heart Disease, Type 2 Diabetes, Stroke and certain Cancers. Try taking a step by step approach! Think small, realistic changes to your diet and level of physical activity that make a big difference and become a part of your daily routine.

### **Quit with Bella – Smoking Cessation**

[www.quitwithbella.co.uk](http://www.quitwithbella.co.uk)

01983 642369

0800 9991396

Text QUIT to 66777

Quit with Bella app

Now is the time to give up smoking and protect yourself and your family. For Help to quit smoking, contact the Healthy Lifestyles Isle of Wight team.

## **Food Banks**

### **Isle of Wight Foodbank**

<https://isleofwight.foodbank.org.uk/>

Helping local people in crisis

### **Community Pantry**

Any Island resident can access the community pantry network but will need to sign up to become a member. The membership process is managed direct by the pantry. We have established 3 community pantries to date, please contact your closest site to become a member, or offer your services as a volunteer.

East Cowes	PO32 6HN	Community Spirited, Parkside Pavilion, Vectis Road	Tuesday 12.30pm to 2.30pm Wednesday and Thursday 10.30am to 12.30pm	<a href="tel:01983296592">01983 296592</a> <a href="mailto:communityspirited@hotmail.co.uk">communityspirited@hotmail.co.uk</a>
Ryde	PO33 1NE	Oakfield CE Primary School, Appley Road	Monday, Wednesday and Friday: 3pm to 4.30pm	<a href="tel:01983563732">01983 563732</a> <a href="mailto:pantry@oakfieldcepri.iow.sch.uk">pantry@oakfieldcepri.iow.sch.uk</a>
Ventnor	PO38 1EJ	Ventnor Community Pantry at Baby Box, Victoria Street	Tuesday and Thursday: 4pm to 6pm Saturday: Midday to 2pm	<a href="tel:07961959003">07961 959003</a> <a href="mailto:vcpantryiow@gmail.com">vcpantryiow@gmail.com</a>  Search for Ventnor Community Pantry at Baby Box