



# Portchester **Older People's** Directory



## Health

Portchester Health Centre  
West Street, Portchester, PO16 9TU Tel: 0844 477 8642  
Open Monday to Friday, 8am—6.30pm

Westlands Medical Centre  
Westlands Grove, Portchester, PO16 9AD Tel: 023 9237 7514  
Open Monday to Friday, 8.30am—6pm

Fit Feet Podiatry Chiropodist  
223 West Street, Portchester, PO16 9UA Tel: 023 9222 1765 or 07719 862997

Portchester Leg Club  
**Portchester Community & Keepsake Children's Centre, Westlands Grove, Portchester,**  
PO16 9AD Tel: 023 9221 0070  
Wednesdays, 1pm—3.30pm

West Street Dental Practice  
83 West Street, Portchester, PO16 9UG Tel: 023 9237 8789

Castle Dental Practice  
20 Castle Street, Portchester, PO16 9PP Tel: 023 9237 0333

Rowlands Pharmacy  
44 West Street, Portchester, PO16 9UW Tel: 023 9238 6914  
Open Monday—Friday, 8.30am—7pm and Saturday from 8.30am—1pm  
For repeat prescription services please see in store.

Lloyds Pharmacy  
Westlands Grove, Portchester, PO16 9AE Tel: 023 9221 0553  
Open Monday—Friday, 9am—6.30pm  
For repeat prescription services please see in store.



## Transport

Portchester Voluntary Care  
Provides transport for hospital, health care etc  
Tel: 023 9237 0647 or 0700 222 6868  
Monday—Friday, 9am—4pm



Community Transport  
A charity that provides transport for those who are disabled or have difficulties getting about. Whether you are young or old, we can help.  
Tel: 01329 223152  
Monday—Thursday, 9am—5pm and Friday 9am—4.30pm

Dial a Ride  
Door to door transport service with a specially adapted vehicle, equipped to carry passengers with or without passengers.  
Tel: 01329 223152  
Monday—Friday, 8.30am—3pm

24/7 Taxis	Tel: 01329 235235
Aqua Cars	Tel: 023 9265 4321
A2B Travel	Tel: 01329 825825
A1 Taxi	Tel: 01329 221212

Bus Pass/Travel Tokens  
Concessionary travel for Fareham residents  
Fareham Borough Council, Civic Office, Civic Way, Fareham, PO16 7AZ  
Tel: 01329 236100

Traveline Tel: 0871 200 2233

## Mobility

All Mobility  
25 West Street, Portchester, PO16 9XB Tel: 023 9221 5781

Shop Mobility  
Osborn Road Car Park, Fareham, PO16 7DW Tel: 01329 282929

Disability Aids Tel: 01329 223142

## Clubs



### **Based at Portchester Community & Keepsake Children's Centre**

Westlands Grove, Portchester, Fareham, PO16 9AD

Registered Charity Number: 301920

Tel: 023 9221 0070

Badminton £2.50

Mondays 2pm—4pm and Tuesdays 10am—12pm

Bridge £2.50

Tuesdays 7pm—10pm

Indoor Bowls £2.50

Wednesdays 1.30pm—4.30pm and Thursdays 9.30am—12pm from October to March

IT Club £2.50

Mondays 2.30pm—4pm and Wednesdays 10.30am—12pm (call for availability)

New Age Kurling £2.50

Thursday 2pm—4pm

Outdoor Bowls

Portchester Bowling Green

Tel: 023 9238 9800

Paradise in Portchester £2.50

**Over 50's clubs with visits, talks and entertainers**

Every other Tuesday from 2pm—4pm, monthly visit from the library bus

Petanque

Mondays 1.30pm—3pm, Thursdays 6.30pm—7.30pm

RAVERS 50+ £3.00

Exercise and fitness. (Regular and Varied Exercise Reduces Slips)

Fridays 1.30pm—2.30pm

Tea Dance

£2.50

Fridays 2pm—4pm



## Clubs

Based at Cams Community Club  
Cams Hill School, Shearwater Avenue, Fareham, PO16 8AH  
Tel: 01329 231641



3D Art Wednesdays 9.45am—12pm	£5.00
Art Thursdays 11.05am—1pm and Fridays 11am—12pm	£5.00
Beading Mondays 10am—12pm	£2.50 excluding materials
Book Club First Monday of each month from 11am—12pm	£2.50
Cooking for Beginners Fridays 2.15pm—4pm	£5.00
Computer and Use of the Internet Tuesdays 11am—12pm	£2.50
Digital Photography Tuesdays 9.45am—10.45am	£2.50
Fitness Wednesday 10am—11am	£2.50
New Age Kurling Thursdays 9.45am—10.45am	£2.50
Orchestra Fridays 2.15pm—3.45pm	FREE
Singing Club Tuesdays 10.30am—12pm and Wednesday 2.15pm—3.45pm	£2.50
Spanish Wednesdays 9.45am—10.45am	£2.50
Tai Chi Thursdays 2pm—3pm and 3.15pm—4.15pm	£2.50



## Clubs

Based at Portchester Parish Hall, Castle Street, PO16 9PY  
Tel: 023 9238 4943 after 6pm weekdays or weekends.

Darby & Joan Club £1.00  
1st and 3rd Wednesday of each month

Fareham & Portchester Camera Club  
Tuesdays 7.30pm from September—June

Fareham & District Railway Club

WI Meetings  
3rd Monday of each month at 1.30pm  
Tel: 023 9238 9443

## Clubs

Based at Portchester Methodist Church, Castle Street, Portchester, PO16 9PS  
Tel: 023 9237 5818

Craft Group  
1st and 3rd Monday of each month at 2pm

Allotment & Garden Association  
1st Monday of each month from 7.30pm—8.30pm  
Tel: 023 9238 7299, Mrs Jenny Davis

Castle Handbell Ringers Tel: 023 9232 6560  
Mondays 8am—10am

Townswomen's Guild  
2nd Wednesday of each month at 7.30pm—9.30pm

Blind Club  
1st Thursday of each month from 2pm—4pm  
Tel: 023 9237 3534, Mrs M Wise

Coffee Mornings  
Wednesdays 9.30am—10.30am  
Saturdays 9.30am—10.30am



## Courses

Ashcroft Arts Centre offer a range of courses. For up to date information please contact the centre.

Ashcroft Arts Centre, Osborn Road, Town Centre, Fareham, PO16 7DR

Tel: 01329 235161 admin, 01329 223100 box office.

## Courses

Portchester Community School offer a variety of courses based at either the school or Castle Street Centre. For up to date information please contact the school.

Tel: 023 9236 4399

Portchester Community School, White Hart Lane, Portchester, PO16 9BD

Castle Street Centre, Castle Street, Portchester, PO16 9PP

## Groups

### **Older People's Area Link (OPAL)**

Tel: 0800 328 7154

Countrywide service that can provide you with details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home.

St Marys Church

Tel: 023 9232 1380

Portchester Castle, Castle Street, Portchester, PO16 9QW

Activities on offer at the church are the choir, craft group, drama group and more.

Diabetes UK

Tel: 023 9238 2104/ 9234 1286

1st Monday (unless bank holiday, then 2nd Monday) at 10am 0 12pm

Portchester Methodist Church, Portchester, PO16 9PS

Alzheimer's Disease Support Group

Tel: 023 9273 0088

Last Wednesday each month excluding December at 1.30pm—3.30pm

United Reformed Church, Osborn Road South, Fareham , PO16 7DG



## Lunch Clubs

### Café Open

Lunch, hot and cold snacks

Mondays, Tuesdays and Fridays from 10.30am—2.30pm

**Portchester Community & Keepsake Children's Centre**

Westlands Grove, Portchester, Fareham, PO16 9AD

Tel: 023 9221 0070

### Luncheon Club

£2.50

Thursdays 10am—1.30pm

Parish Hall, Castle Street, Portchester

### Sacred Heart Luncheon Club

£4.00 per meal, 30p drinks

Thursdays 11.30am—1.30pm

87 North Wallington, Fareham, PO16 8TJ

Tel: 01329 234004

### Friday Lunch Club

£2.50

Fridays 1pm—2pm

Cams Community Club, Sheerwater Avenue, Fareham, PO16 8AH

Tel: 01329 231641

### Portchester Methodist Lunch Club

£2.00 per meal, 20p drinks

**Provides a 2 course meal for over 65's**

Fridays 12.30pm—1.30pm

Portchester Methodist Church, Castle Street, Portchester, PO16 9PS

Tel: 023 9238 9154 Doreen Stairs

### St John the Evangelist Church

1st and 3rd Tuesdays, 11am—1.30pm

**Upper St Michael's Grove, Fareham, PO14 1DN**

£3 and £1.50—£2.50 for lunch

Cams Community Club also offer the following:

Breakfast: 8am—10.30am

Early Lunch: 10.30am—12.40pm (10.30am—11.35am on Fridays)

Lunch: 12.40pm—2pm (11.35am—1pm on Fridays)

Afternoon Tea: 2pm—4pm (not available on Fridays)



## Care Facilities

### Assheton Court

Castle Street, Portchester, Fareham, PO16 9PT

Tel: 01329 236100, contact Fareham Borough Council Housing Section

33 flats, studio and 1 beds. Non-resident management staff and community alarm service, lift, lounge, laundry, guest facilities, garden and monthly social activities include bingo, outings organised by the warden.

### Carleen Nursing Home

38 Portchester Road, Fareham, PO16 8PT

Tel: 01329 232418, contact Joyce Dawson

Private nursing home, housing up to 36 residents.

### Woodland Court Residential Home

134 Portchester Road, Fareham, PO16 8QP

Tel: 01329 233603, Contact Mrs A Hardingham

### Pastoral Care

St Marys Church, Castle Street, Portchester

Tel: 023 9232 1380

Saturdays 10am—12.30pm

### Portchester Day-Centre

Castle Street Centre, Castle Street, Portchester, PO16 9PP

Tel: 023 9222 1165, contact Mrs Bonnie Alker

Open Monday to Friday from 9.30am—4pm, 51 weeks per year excluding bank holidays.

An ideal opportunity to meet with others and to receive some of the daily help that you may need. You will be able to take part in a range of activities. A nourishing, hot midday meal is provided (or a salad, if you prefer) as well as a welcome drink when you arrive each day, together with snacks and afternoon tea.

Opportunities to have a bath in the fully equipped bathroom and arrangements can be made for a qualified hairdresser and chiropodist to attend.

Transport to and from the day centre is provided.

Charges: Day charges for independent members is £29.50. Charges for members through adult services only pay for the meal which is £3.10 per day.

**For a free guide by adult services “Guide to Residential Care” please call 0845 603 5630**

## Help at Home

Heating your home in the winter months

For a guide to keeping warm in the winter please call 0300 123 1002

Home heat helpline 0800 336 699

Warm Front Scheme 0800 316 2805

Hampshire Centre for Independent Living

Tel: 01420 474261

Organisation of disabled people who supply information, guidance and support for independent living.

### **Homecheck for the over 60's**

Tel: 01329 236100

What does it include?

- Carrying out a visual safety and security survey of your home
- Conducting safety checks on all electrical appliances
- Helping to be safer in your home by fitting security chains, door bolts and spy holes to doors
- Supplying and fitting smoke detectors and/or testing existing ones.
- Providing non-slip rubber mats to prevent slips and falls in the bath
- Providing frayed or damaged wiring with new electric cord
- Providing specific advice and guidance on accident prevention for the older person, i.e. prevention on falls and slips and how to be safer in your home
- Costs £10.00

Occupational Therapy

Tel: 0845 600 4555

Occupational Therapists are responsible for carrying out assessments and providing services that help people remain as independent as possible in their own homes.

Work with a range of people including those who have physical, mental and/or social problems, either as a result of accident, illness or ageing.

Home Helps (MOPS)

Tel: 01329 223144

For anyone living in the Fareham Borough, who is able to do basic housework for whatever reason. This can be short or long term.

**What can be done? MOP's can do housework and shopping only.**

When? This is arranged between the client and home help to suit between 9am and 5pm, Monday and Friday, normally to exclude bank holidays.

Cost: Annual registration fee of £46.00 or £30.00 depending on amount of home help required which can be paid at either £6 or £4 per month. Clients pay the home help directly at the time of service, the current rate is £6.10 per hour.

Gardening Maintenance for council tenants

Tel: 01329 236100

## Support

Good Neighbours Support Service

Tel: 07827 925328

Provide information, guidance, development and support to voluntary groups, enabling them to provide a dependable and trustworthy service. The groups offer neighbourly help to people in their local communities, enabling people to stay independent in their own homes and helping to prevent isolation.

## Voluntary Organisations

Community Action Fareham

Tel: 01329 223152

163 West Street, Fareham, PO16 0EF

Community Action Fareham aims to work with others to improve the quality of life for **people in the communities of Fareham. Simply put, we aim to “grow community spirit”**

## Places of Worship

St Marys Church

Tel: 023 9232 1380

Portchester Castle, Castle Street, Portchester, PO16 9QW

If you would like to speak to someone on a pastoral or spiritual matter, please contact the Vicar, Revd Charlie Allan or the Curate, the Revd Connie Sherman.

Revd Charlie Allan—023 9238 1414, Revd Connie Sherman—01329 510432

Portchester Methodist Church

Tel: 023 9237 5818

Castle Street, Portchester, PO16 9PS

## Will Support

Biscoes

64-66 West Street, Portchester, Fareham, PO16 9UN Tel: 023 9200 2837



## Help, Advice and Useful Contact Numbers

Age Concern	01329 223142
Aid for the Aged in Distress	0870 803 1950
<b>Alzheimer's Society</b>	0845 300 0336
Care at Home	0800 028 0888
Citizens Advice Bureau	08444 77 22 32
Consumer Direct	08454 04 05 06
Cruse Bereavement Care	023 8023 2500
Depression Alliance Organisation	0845 123 2320
Disabled Living Foundation	0845 130 9177
Disabled Parking (Blue Badge)	0845 603 5633
Electricity—Hampshire Trading Standards	08454 04 05 06
Fareham Borough Council	01329 236100
Floodline	0845 988 1188
Frank Sorrell Trust—Disability Information and advise	023 9282 4853
Gas Emergencies	0800 111 999
Hampshire County Council	01962 841841
HCC Adult Services	0845 603 5630
HCC Adult Services, out of hours	0845 600 4555
HCC Occupational Therapists	0845 600 4555
Help the Hospices	020 7520 8222
Home Fire & Rescue Service	023 8062 6809
Home Improvement Trust	0800 783 7569
ICAS Independent Complaints Advocacy Service	01256 463758
Libraries	0845 603 5631
Lifeline Services—Personal emergency alarm service	023 9271 4966
NHS Direct	0845 4647
Portchester Safer Neighbourhood Team	0845 045 45 45
Portsmouth Water Emergency Line	023 9247 7999
Shelterline	0808 800 4444
Southern Water Emergency Line	0845 278 0845
The Pensions Service	0845 606 0265
The Samaritans	0845 790 9090
Trading Standards	08454 04 05 06
Wessex Cancer Trust	023 8067 2200