

Mental Health Support Directory

Keeping Well Together



Watership Down Health

KINGSCLERE | OAKLEY | OVERTON

Support and Advice

Citizens Advice Bureau (CAB)

The CAB can provide help and advice on benefits, debt, pensions etc. It's free, independent and confidential.

Tel. 03444 111306

www.citizensadvice.org.uk

Tadley CAB – Franklin Avenue, Tadley RG264ET, open Monday to Friday.

Basingstoke CAB – 19/20 Westminster House, The Discovery Centre, Potters Walk, Basingstoke RG21 7LS, open Monday to Saturday.

West Berkshire CAB – 2nd Floor, Broadway House, 4-8 The Broadway, Northbrook Street, Newbury RG14 1BA, open Monday to Thursday.

Samaritans

Offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.

www.samaritans.org/how-we-can-help-you

Adult Social Services

Provide information about care, support, and advice services that are available locally and nationally, whether you are paying for these or receiving financial help from the council.

Tel. 0300 5551386

Mon - Thurs 8.30am - 5.00pm, Fri 8.30am - 4.30pm.

The Community Independence Team is funded by Hampshire's Adult Health and Care Department as part of a preventative approach to promote and assist independence.

Call the Community Independence Team on Tel. 0300 5551373 for out of hours emergencies.

Useful Websites and Apps

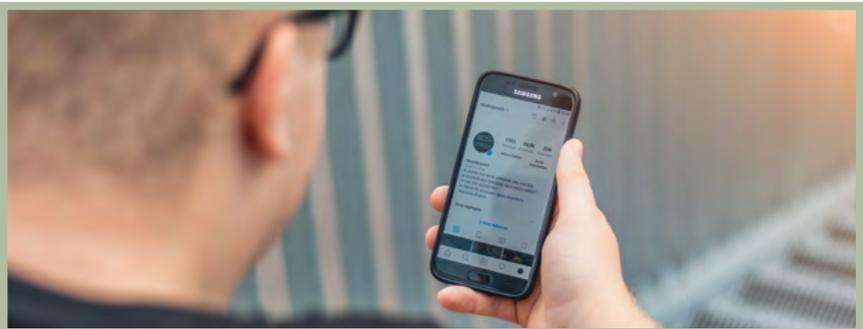
www.nhs.uk/conditions/stress-anxiety-depression/

www.italk.org.uk/

reading-well.org.uk/books/books-on-prescription

www.nhs.uk/apps-library/distract/

www.nhs.uk/apps-library/blueice/



Disabled Living Foundation

Offers independent advice and information to help you find out what is available for private purchase.

Tel. 0300 9990004

MIND

When you are living with a mental health problem, or supporting someone who is, having access to the right information - about a condition, treatment options, or practical issues - is vital. Mind can help you with this.

The local Mind office is Andover.

Tel. 0300 500 0907

Basingstoke has a wellbeing centre:

3 Vyne Road, Basingstoke, RG21 5NL.

Tel. 01256 476 572

well-beingbasingstoke@andovermind.org.uk

There is also Young Mind – to provide help for children, young people and their parents.

youngminds.org.uk/

Recovery College

The college offers courses to increase your knowledge and skills about recovery and self-management of your mental health.

The Recovery College
4th Floor
Thomas Lewis House
236 Empress Road
Southampton
S014 0JY.

Tel. 023 8231 0262

www.southernhealth.nhs.uk/health-and-wellbeing/recovery/college/



Safety at Home

Hampshire Fire & Rescue Service

If you're over 65 they will visit you to assess any risks in your home and give advice.

Tel. 023 80626809

Local Police Community Support Officers (PCSOs)

Police support staff who work to complement and support regular police officers, providing a visible and accessible uniformed presence to improve the quality of life in the community and offer greater public reassurance.

Overton, Kingsclere and Hannington

(also Laverstoke, Freefolk and Steventon)

Emma Page - PCSO 16173

emma.page@hampshire.pnn.police.uk

Oakley and North Waltham

(also Upton Grey and the Candovers)

Andrew Jones - PCSO 13301

andrew.jones.13301@hampshire.pnn.police.uk

Whitchurch

(also St. Marybourne and Hurstbourne Priors)

Aimee Scott-Molloy - PCSO 16140

aimee.scott-molloy@hampshire.pnn.police.uk

Your PCSO can be contacted via the Police non-emergency number which is 101 or by e-mail, always ring 999 in emergencies.

Other useful websites

Hampshire Police

www.hampshire.police.uk

Action Fraud

www.actionfraud.police.uk

The Hampshire Bobby Scheme

Provide free home security and safety checks to anyone in Hampshire who is vulnerable, disabled, suffering due to a long-term illness or over 65.

Tel. 0300 7770157

www.bluelamptrust.org.uk



Hitting the Cold Spots Team

For free practical support and advice on heating and funding. The team offer home visits to help you stay warm in winter and reduce your bills.

Tel. 0800 8048601

Housing Associations

If you live in a Housing Association property they will offer advice and guidance on how they can help support you with your mental health.



Sovereign Housing Association
Saxon Court
Sarum Hill
Basingstoke
Hampshire
RG21 8SR.

Tel. 0300 5000 926

www.sovereign.org.uk/

VIVID
56 Kingsclere Rd
Basingstoke
Hampshire
RG21 6XG.

0800 652 0898

www.vividhomes.co.uk/

Staying Well

NHS Screening

The screening programme provided by the NHS aims to pick up early changes that may be related to cancer, or other diseases that can be treated.

Cervical Screening – for women aged 24 to 65.

Bowel Cancer Screening – for both women and men – aged 55 to 70.

Breast Cancer Screening – for women aged 50 to 70.

NHS Health check – offered to people aged 40 -70, if you are not already on medication for your heart or blood pressure – this takes place at the surgery.

Immunisations

Flu vaccination – for those over 65 or at any age with some long-term diseases, such as Asthma or Heart Disease.

Pneumococcal Vaccination – to help prevent Pneumonia – offered to all over 65 years.

Shingles Vaccination – offered to those in specific age groups over age 70.

Hepatitis B – offered to those considered at risk, such as those who inject drugs or whose partner does.

Sexual Health

Let's Talk about It

Free service offering information and support.

www.letstalkaboutit.nhs.uk/

Hearing Tests

If you are aged over 55 your GP can refer you to Specsavers or the Audiology Department at North Hants Hospital. If you are housebound ask your GP who can contact the NHH Audiology Department and request an Audiologist visit you at home.

Eye Tests

You are entitled to a free NHS sight test at home if you are unable to leave the home unaccompanied, or require a home visit on account of a physical or mental disability and are over 60, registered blind or partially sighted, or have either Diabetes or Glaucoma.

www.mylocaloptician.co.uk lists opticians that offer home visits.

The Outside Clinic provides eye tests at home by qualified opticians.

www.outsideclinic.co.uk/sight-test

Freephone Tel. 0800 854477

italk

A free service for people suffering from depression and anxiety, providing different treatment options for patients over 16 years.

www.italk.org.uk/

Smoking

Quit4life

Quit4Life provides a Free NHS service across Hampshire, they have a dedicated team of professional advisers who are committed to helping smokers who live or work in Hampshire who want to quit. As well as following evidence-based methods of treatment and support, their advisers have extensive experience and understand the difficulties that may be faced. They offer the support that can make all the difference between success and failure.

Tel. 01252 335120

www.quit4life.nhs.uk

Alcohol

The NHS advice is:

- Men and women are advised not to drink more than 14 units a week on a regular basis.
- Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week.
- If you want to cut down, try to have several drink-free days each week.
- 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine.



Inclusion

Inclusion is a national organisation that works with individuals, families and communities who are affected by drugs, alcohol, crime and mental health.

Whilst providing comprehensive and inclusive support they invest in people using their services to inspire them to fulfil their potential and forge a more successful future.

Jacob's House, New Road, Basingstoke,
RG217PE.

Tel. 0300 124 0103

www.inclusion.org/services/inclusion-basingstoke/

Exercise

To stay healthy or improve physical and mental health it is suggested that adults should try to be active daily.

Get Active Hampshire

www.getactive.io/hampshire



Sport in Mind

Sport in Mind ® is an independent mental health charity (unaffiliated to Mind) founded in Berkshire in 2010 with a simple mission:

“To improve the lives of people experiencing mental health problems through sport and physical activity”

They are the UK’s leading mental health sports charity and deliver physical activity projects in partnership with the NHS in order to promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.

They offer football, badminton and yoga at Northbrook Leisure Centre, Northcroft Lane Newbury, RG14 1RS.

www.sportinmind.org/timetables

Walking

Overton

A choice of two walks every Monday Morning at Overton Recreation Centre, Bridge Street, Overton, RG25 3HD.

Free organised walks, which are led by trained volunteers and followed with refreshments (for a small donation).

The shorter walk is approximately 30 - 60 minutes at a gentle pace and the regular walk for those who like to stride out, of between 60 - 90 minutes.

Meet at ORC Bridge Street at 9.45am for 10am start, no need to book, just turn up. Please wear shoes and clothing suitable for the weather.

Special Catered Walks, seasonal, only very slow pace, between 10-30 minutes.

Oakley

Last Sunday of the month at 2.30pm - various locations in Oakley please check our website www.basingstoke.gov.uk/healthwalks. Lovely walks in the countryside of Oakley medium paced between 60-90 minutes.



Whitchurch

Wednesdays - Gill Nethercott Centre, Whitchurch at 10am. A choice of two lovely walks, medium paced, one walk for 60 minutes and another walk for 90 minutes in the countryside. Refreshments afterwards at the centre.

Basingstoke

Last Tuesday of the month from St Michael's Church opposite Festival Place starting at 1.30pm. Or 2nd and 4th Tuesday of the month from Eastrop Park Boat House.

Both these walks cater for walkers who are recovering from long term sickness, operations, or may have severe underlying health problems or would simply like to regain their fitness level and health and wellbeing slowly, with good results.

Please contact Basingstoke Walking for Health for further details about any of the walks.

www.walkingforhealth.org.uk / Tel. 01256 845284

The Hurst Community College

Runs a community Active Life Club for the over 50s on a Tuesday.

Tel.0118 981 1611

www.hurstcentre.co.uk/

Basingstoke parkrun - Weekly Free 5km Timed Run

Free weekly park runs are held every Saturday at 9am at the War Memorial Park in Basingstoke.

There is no charge but you must register first and take along a copy of the printed barcode you will receive on your first visit. The run is timed, but is suitable for all abilities, whatever your pace just come along and have fun.

basingstokehelpers@parkrun.com

www.parkrun.org.uk/basingstoke

Hatch Warren Runners

Hatch Warren Runners are a friendly community running club that caters for all abilities.

The majority of runs will take place from the Portsmouth Arms or Co-op in Beggarwood. There is usually a 3-mile run from the Co-op. All other runs are communicated on Facebook page.

Monday and Wednesday 7.15pm.
Hatch Warren Lane, Basingstoke RG22 4RA.

hwrunners@sky.com



Basingstoke Sports Centre (Health Programmes)

Basingstoke Sports Centre offers subsidised activities including 12 weeks gym membership suitable for anyone who will benefit from exercise to help in rehabilitation, treatment and prevention of certain medical conditions.

For further information ask your GP or go to Health Programme at: www.mybst.org/basingstoke.

Festival Place, Town Centre, Basingstoke,
RG21 7LE.

Tel. 01256 302210

julie.hewson@sportscentre.org.uk or oliver.
jones@sportscentre.org.uk

www.mybst.org/basingstoke

Basingstoke Aquadrome

Basingstoke Aquadrome offers a GP referral scheme enabling your GP to prescribe a course of exercise or activity as part of the rehabilitation process following physical or mental illness. Subsidised sessions – 12 weeks for £60. For further information ask your GP or visit Health and Fitness section at:

www.basingstokeleisure.com/AQUADROME

Tadley Health and Fitness

Swimming Pool and a gym, open 7 days a week.

www.basingstokeleisure.com/tadley/HOME

Breeze Bike Rides in Basingstoke and Deane

Mondays in summer at 6.45pm from Monk Sherbourne Village Hall, Salters Heath Road, Monk Sherbourne, RG26 5HR.

www.facebook.com/breezingstoke

Melrose and Popley Fields Community Cycle Club

Weekly Leisurely paced rides - Fridays at 10am, cycle for about 5 miles and practise skills along the way.

Parents with little ones:

Attach one of the clubs kiddy trailers to your bike and place your little one inside. Booked on an adhoc basis, please contact the club to arrange a suitable time for you and your family.

One to one Cycle Coaching:

Build your confidence and strength, with the help of a trained ride leader helping you with your cycle skills. Booked on an adhoc basis, so please contact the club to arrange a suitable time for you.

Friday mornings at Popley Fields Community Centre, RG24 9AE.

Tel. 01252 414 494

www.cyclinguk.org/local-groups/melrose-popley-fields-community-cycle-club

Basingstoke Voluntary Action

Information on clubs, societies and volunteering opportunities.

Basingstoke Voluntary Action, The Orchard,
White Hart Lane, Basingstoke, Hampshire,
RG21 4AF.

Tel. 01256 423816

admin@bvaction.org.uk / www.bvaction.org.uk

Newbury Volunteering Centre

Volunteering is known to be beneficial to people with mental health problems. It can provide the structure needed to aid recovery, as well as helping to raise self esteem, encouraging socialising and providing learning opportunities.

But many still face obstacles to overcome before they can experience the rewards of volunteering.

Volunteer Centre West Berkshire's VCme project aims to reduce the barriers and the stigma faced by volunteers with mental health problems.

Individuals will be matched to a trained volunteer mentor who will provide support to those needing help as they take their first steps towards volunteering, helping them to develop the confidence to volunteer independently.

For further information:

www.volunteerwestberks.org.uk/VCme_Our_Services.htm

Please contact the VCme Project Co-ordinator.

Tel. 01635 49004

info@vcwb.org.uk



Transport

Older Driver Assessment

Tel. 01962 846888

Blue Badge Parking Permit

Tel. 0300 5551376 / www.hants.gov.uk/bluebadge

Community Cars - Oakley

Tel. 01256 781660

Overton A.C.T.I.O.N

Tel. 07733 602972 Mon-Fri 9am - 1pm.

Providing transport to Hospital, GP and other health appointments (small charge applies).

Dial-a-Ride Town Service

Mon - Fri 8am - 11pm / Sat 9am - 11pm / Sun 9am - 10:30pm.

Bookings can be made 3 days in advance for travel in and around Basingstoke.

Tel. 01256 462101 or 01256 574401 - 9am - 12.30pm and 1.30pm - 4.15pm.

Rural Dial-a-Ride Service

Operates 8am - 4pm

Mon – Kingsclere/Bramley into Basingstoke Town Centre.

Thursday – Overton into Basingstoke Town Centre.

Friday – Overton Shoppa goes to Asda and Sainsburys Kempshott.

Kingsclere, Ashford Hill With Headley Care Group

Help with lifts to hospital appointments, GP surgery, dental and optician appointments.

Tel. 01635 298794

Bus Route 56

On a Wednesday from Kingsclere to Tadley.

<https://bustimes.org/services/56-kingsclere-tadley?date=2019-03-13>

Pharmacies

Oakley Pharmacy

Tel. 01256 782381

Mon - Fri 9am - 6pm Sat 9am - 1pm.

Delivery Service Available.

Overton Pharmacy

Tel. 01256 770201

Mon - Fri 9am - 6pm Sat 9am - 1pm.

Delivery Service Available.

Whitchurch Pharmacy

Tel.01256 892058

Mon - Fri 8.30am - 6.30pm Sat 9am - 1pm.

Delivery Service Available.

Kingsclere Pharmacy

Tel. 01635 298419

Mon, Tues, Thurs, Fri 9am - 1pm, 2pm - 6pm

Wed & Sat 9am - 1pm.

British Red Cross

Provide mobility aids - wheelchairs, walking frames, crutches, commodes and toilet frames.

Gillies House Health Centre

Sullivan Road
Brighton Hill
Basingstoke
RG22 4EH.

Tel. 01256 331629

Wed 10am -12pm, Thurs 3pm - 5pm,
Fri 10am - 12pm.

British Red Cross Centre

Suffolk Road
Andover
SP10 2JD.

Tel. 01264 352854

Mon, Tue, Thur & Fri 10am - 12pm
Mon & Tue 2pm - 4pm.

Newbury Red Cross Centre

12a Kingfisher Court
Hambridge Road
Newbury
RG14 5SJ.

Tel. 01635 40081

Mon, Tues, Thu & Fri 10am - 2pm

University of the third age - U3A

Offers retired and semi-retired people the opportunity to get together to learn not for qualifications but for personal reward.

Offering courses such as art history, bridge, photography and languages.

www.overtonu3a.org.uk

Pets

Arranging care for your pets if you are unwell.

The Cinnamon Trust is a national fostering service provided for pets whose owners face

a spell in hospital. Volunteers take pets into their own homes and supply love and care in abundance until owner and pet can be reunited.

The Trust also provides long term care for pets whose owners have died, or moved to residential accommodation which will not accept pets.

Arrangements are made between owners and the Trust well in advance, so owners can have peace of mind that their beloved companion will have a safe and happy future.

When a pet is in the Trust's care either short term or long term because the owner is in care, the owner is kept in touch with visits, if possible, or regular photos and letters.

Emergency cards are available on request.

Tel. 01736 757 900

Mon - Fri 9am - 5pm Emergency calls available 24hrs.

www.cinnamon.org.uk



Watership Down Health

K I N G S C L E R E | O A K L E Y | O V E R T O N

Kingsclere Surgery
North Street
Kingsclere
Newbury
RG20 5XQ

Oakley Surgery
Sainfoin Lane
Oakley
Hants
RG23 7HZ

Overton Surgery
Station Road
Overton
Hants
RG25 3DU

Tel. 01256 770212 / 01635 296000

Out of Hours 111

www.watershipdownhealth.com

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