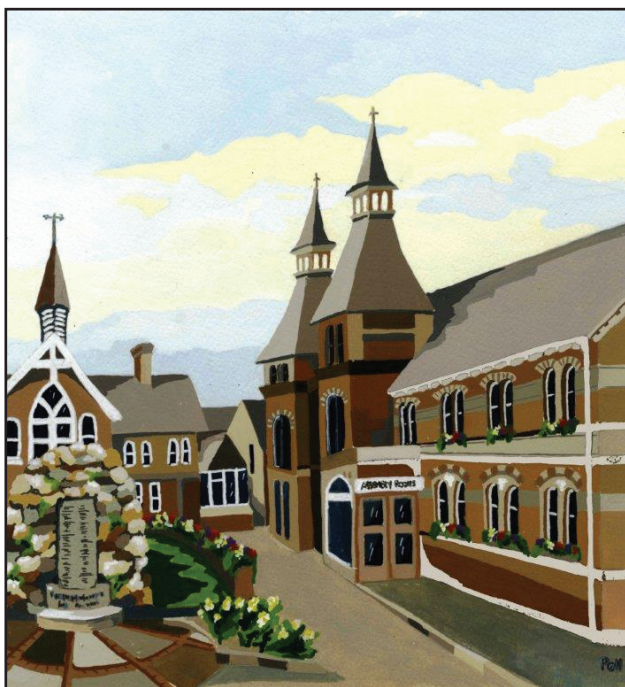


ALTON COMMUNITY SUPPORT DIRECTORY

2019



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CARING SUPPORT

	AGE CONCERN
Telephone :	01420 84257
Email :	altondcc@ageconcernhampshire.org.uk
Website :	www.ageconcernhampshire.org.uk

	ALTON STROKE RECOVERY GROUP
Telephone :	Gina Smith 01962 773534
Email :	altonstrokegroup@stroke.org.uk
Website :	www.stroke.org.uk

	ALZHEIMERS SOCIETY BASINGSTOKE & DISTRICT
Telephone :	Sean Deegan - 01256 363393
Email :	Basingstoke-district@alzheimers.org.uk
Website :	www.alzheimers.org.uk

 ARTHRITIS CARE	ARTHRITIS CARE
Telephone :	Lily Nolan – 01420 80627
Email :	info@arthritiscare.org.uk
Website :	www.arthritiscare.org.uk

CARING SUPPORT

	AUTISM HAMPSHIRE
Telephone :	01489 880881
Email :	info@autismhampshire.org.uk

	Christians Against Poverty CAP
Telephone :	Roger Fletcher 07798 930282
Email :	rogerfletcher@capuk.org
Website :	www.capuk.org

	DEMENTIA FRIENDLY ALTON
Telephone :	Karen Murrell 07922 022321
Website :	www.dementia-friendly-alton.org.uk

	DOWNS SYNDROME ASSOCIATION
Telephone :	0333 1212 300
Email :	info@downs-syndrome.org.uk
Website :	www.downs-syndrome.org.uk

CARING SUPPORT

 The Princess Royal Trust for Carers	EMERGENCY PLANNING FOR CARERS
Telephone :	0845 6041577
Email :	info@carercentre.com
Website :	www.carercentre.com

 The Princess Royal Trust for Carers	HAMPSHIRE PARENT CARER NETWORK
Telephone :	01962 853153
Email :	info@hpcn.org.uk
Website :	www.hpcn.org.uk

 Headway the brain injury association	HEADWAY – the brain injury association
Telephone :	02392 664972
Email :	info@headwayportsmouth.co.uk
Website :	www.headwayportsmouth.co.uk

	HOMESTART HAMPSHIRE
	Is a free, confidential, and non-judgemental support service for families with at least one child under the age of 5.
Telephone :	Angela Small 01420 473555
Website :	www.home.starthampshire.org.uk

	MACMILLAN CANCER SUPPORT
Telephone :	08088080000
Email :	be.mac@macmillan.org.uk
Website :	www.macmillan.org.uk

	MS SOCIETY
Telephone :	01420 472556
Email :	altonpetersfield@mssociety.org
Website :	www.mssociety.org.uk

	PARKINSONS UK
Telephone :	Kim Tocher 0344 225 3759
Website :	www.parkinsons.org.uk

 The Princess Royal Trust for Carers	PRINCESS ROYAL TRUST FOR CARERS
Telephone :	01264 835246
Email :	info@carercentre.com

 Stroke association	THE STROKE ASSOCIATION
Telephone :	0303 3033 100
Email :	supportercare@stroke.org.uk
Website :	www.stroke.org.uk

 WESSEX CANCER TRUST	WESSEX CANCER TRUST
Telephone :	Mike Twiddy 01420 549791
Website :	www.wessexcancer.org

HEALTH PROBLEMS

	ALCOHOLICS ANONYMOUS
Telephone :	0800 9177650
Email :	help@alcoholics-anonymous.org.uk
Website :	www.alcoholics-anonymous.org.uk

	ALDERSHOT & DISTRICT TINNITUS SUPPORT GROUP
Telephone :	Alton Contact - Len Sansom - 01420 85464
Website :	www.tinnitus.org.uk

	ALTON HEART SUPPORT CLUB
Telephone :	01420 544794

	ALTON STROKE RECOVERY GROUP
Telephone :	Gina Smith 01962 773534
Email :	altonstrokegroup@stroke.org.uk
Website :	www.stroke.org.uk

HEALTH PROBLEMS

 ARTHRITIS CARE	ARTHRITIS CARE
Telephone :	Lily Nolan 01420 80627
Email :	info@arthritiscare.org.uk
Website :	www.arthritiscare.org.uk

	AUTISM HAMPSHIRE
Telephone :	01489 880881
Email :	info@autismhampshire.org.uk

	THE BLADDER AND BOWEL FOUNDATION
Telephone :	01926 357220
Email :	help@bladderandbowel.org
Website :	www.bladderandbowelfoundation.org

HEALTH PROBLEMS

 Cardiac Rehab Basingstoke & Alton Cardiac Rehabilitation Charity Ltd	CARDIAC REHAB
	Improving heart health and fitness
Telephone :	Denise Ellis 01420 544794
Email :	heartly@cardiac-rehab.co.uk
Website :	www.cardiac-rehab.co.uk

	DEMENTIA UK
Telephone :	0800 888 6678
Email :	info@dementiauk.org
Website :	www.dementiauk.org

	DIABETES UK
Telephone :	0345 123 2399
Email :	info@diabetes.org.uk
Website :	www.diabetes.org.uk

HEALTH PROBLEMS

	DOWNS SYNDROME ASSOCIATION
Telephone :	0333 1212 300
Email :	info@downs-syndrome.org.uk
Website :	www.downs-syndrome.org.uk

	HAMPSHIRE PCaSO PROSTATE CANCER NETWORK
Telephone :	02392 795909
Email :	info@pcaso.org
Website :	www.pcaso.org

	HARD OF HEARING GROUP
Telephone :	Mrs Kate Dando - 01420 83514
Website :	www.hearinglink.org/alton-all-saints-hard-of-hearing-group

HEALTH PROBLEMS

	HEADWAY – THE BRAIN INJURY ASSOCIATION
Telephone :	0808 8002244
Email :	helpline@headway.org.uk
Website :	www.headway.org.uk

WE ARE MACMILLAN. CANCER SUPPORT	MACMILLAN CANCER SUPPORT
Telephone :	08088080000
Email :	be.mac@macmillan.org.uk
Website :	www.macmillan.org.uk

	MACULAR DISEASE SOCIETY
Telephone :	0303 123 9999
Website :	www.macularsociety.org

	MIND
Telephone :	0300 123 3393
Email :	info@mind.org.uk
Website :	www.mind.org.uk

HEALTH PROBLEMS

 MS Multiple Sclerosis Society	MS SOCIETY
Telephone :	01420 472556
Email :	altonpetersfield@mssociety.org
Website :	www.mssociety.org.uk

 Narcotics Anonymous hampshire branch	NARCOTICS ANONYMOUS
Telephone :	03009991212
Email :	hampshireasc@ukna.org
Website :	www.ukna.org

 OPEN SIGHT	OPEN SIGHT ALTON
Telephone :	Malcolm Cooper - 01420 549525
Email:	Malcolm.cooper3@gmail.com
Website :	www.opensight.org.uk

 PARKINSON'S ^{UK}	PARKINSONS UK
Telephone :	Ginny Frith - 01420 84732
Website :	www.parkinsons.org.uk

HEALTH PROBLEMS

	PROSTATE CANCER PATIENT SUPPORT GROUP Frimley Park & Guildford
Telephone :	01483 425626
Email :	supportgroup@prostate-project.org.uk
Website :	www.prostate-project.org.uk

	THE STROKE ASSOCIATION
Telephone :	0300 3300 740
Email :	supportercare@stroke.org.uk
Website :	www.stroke.org.uk

	WESSEX CANCER TRUST
Telephone :	Mike Twiddy – 01420 549791
Website :	www.wessexcancer.org

MISCELLANEOUS

 Part of the Good Neighbours Network	ALTON COMMUNITY CARE TRANSPORT
Telephone :	01420 541520
Website :	www.altoncare.org.uk

ALTON COMMUNITY CENTRE and Alton Community Association	ALTON COMMUNITY DAY CENTRE
Telephone :	Alex Polley - 01420 85057
Website :	www.altoncomcen.org.uk

	ALTON FOODBANK
Telephone :	07773034447
Email :	info@altonfoodbank.org.uk
Website :	www.alton.foodbank.org.uk

	ALTON MEN'S SHED
Telephone :	01420 83870
Email :	Alton.mensshed@gmail.com
Website :	www.menssheds.org.uk

MISCELLANEOUS

	BASINGSTOKE & DISTRICT DISABILITY FORUM
Telephone :	01256 423869
Email :	info@bddf.org.uk
Website :	www.bddf.org.uk

	CARDIAC REHAB
	Improving heart health and fitness
Telephone :	Denise Ellis 01420 544794
Email :	hearty@cardiac-rehab.co.uk
Website :	www.cardiac-rehab.co.uk

	Citizen Advice
Telephone :	03444 111 444
Website :	www.citizensadvice.org.uk

MISCELLANEOUS

	COMMUNITY FIRST TRANSPORT – EAST HANTS
Telephone :	01420 475759
Email :	lynne.peters@cfirst.org.uk sylvia.broom@cfirst.org.uk

 Cruse Bereavement Care	CRUSE BEREAVEMENT CARE
Telephone :	0844 4779400
Email :	helpline@cruse.org.uk
Website :	www.crusebereavementcare.org.uk

 Dyslexia Action Taking Action • Changing Lives	DYSLEXIA ACTION
Telephone :	01784 222342
Email :	dyslexiaaction.org.uk
Website :	www.dyslexiaaction.org.uk

MISCELLANEOUS

	EAST HAMPSHIRE SSAFA
Telephone :	01420 541537
Email :	easthants@hampshiressafa.org.uk
Website :	www.ssafa.org.uk

	ENERGY ALTON
	Helping reduce fuel bills.
Telephone :	John Hubbard 07811462659
Email :	contactus@energyalton.co.uk
Website :	www.energyalton.co.uk

	FATN TALKING NEWS
Telephone :	01252 719266
Email :	secretary@fatntalkingnews.org.uk
Website :	www.farnhamaltontn.co.uk

MISCELLANEOUS

	FOUR MARKS CARE - Transport
Telephone :	01420 564435
Email :	info@fourmarkscare.org.uk
Website :	www.fourmarkscare.org.uk

	FOUR MARKS LUNCH CLUB
Telephone :	Michelle Kuhn 01962 772470 Audrey McMillan 01420 564437

	HARVEST CHURCH
Telephone :	01420 85329
Email :	Trevor.denman@harvestchurchalton.org
Website :	www.harvestchurchalton.org/oneway

	LIPREADING
Telephone :	Maggie Short 02392295811 answerphone
Website :	www.lipreading.net

	PARENT VOICE
Telephone :	0300 303 8603
Email :	parentvoice@roseroad.org.uk

MISCELLANEOUS

	QUIT FOR LIFE - SMOKING
Email :	quitforlife@nhs.uk
Website :	www.quitforlife.nhs.uk

	SURVIVORS OF BEREAVEMENT BY SUICIDE
Telephone :	National – 03001115065 Guildford – 07434365815
Email :	sobsguildford@gmail.com
Website :	www.uk-sobs.org.uk

	VOKES LUNCH CLUB
Telephone :	Alison 01420 84235

SELF HELP

	ALCOHOLICS ANONYMOUS
Telephone :	0800 9177650 / 02074030888
Email :	help@alcoholics-anonymous.org.uk
Website :	www.alcoholics-anonymous.org.uk

	ALDERSHOT & DISTRICT TINNITUS SUPPORT GROUP
Telephone :	Alton Contact - Len Sansom - 01420 85464
Website :	www.tinnitus.org.uk

	ALTON COUNSELLING SERVICE
	Individual counselling for adults, couples and young people, aged 16 and over.
Telephone :	01420 89207
Email :	admin@altoncounselling.org.uk
Website :	www.altoncounselling.org.uk

	ALTON MINDFULNESS MEDITATION GROUP
Telephone :	Jenny Hallett - 01420 544959

SELF HELP

 Cruse Bereavement Care	CRUSE BEREAVEMENT CARE
Telephone :	0844 4779400
Email :	helpline@cruse.org.uk
Website :	www.crusebereavementcare.org.uk

	DIABETES UK
Telephone :	David - 02392643504
Email :	info@diabetes.org.uk
Website :	www.diabetes.org.uk

 Dyslexia Action Taking Action • Changing Lives	DYSLEXIA ACTION - WINCHESTER CENTRE
Telephone :	01962 856195
Email :	Winchester@dyslexiaaction.org.uk
Website :	www.dyslexiaaction.org.uk

SELF HELP

	HAMPSHIRE PCaSO PROSTATE CANCER NETWORK
Telephone :	Stuart Thompson – 08456502555
Email :	central.rep@pcaso.org
Website :	www.pcaso.org

	HOMESTART HAMPSHIRE
	Is a free, confidential, and non-judgemental support service for families with at least one child under the age of 5.
Telephone :	01420 473555
Email :	kaddando@gmail.com

	MEN'S WEIGHT LOSS GROUP
Telephone :	Ken Jones - 01420 84676
Website :	Wilsonpractice.ppg@gmail.com

SELF HELP

 Multiple Sclerosis Society	MS SOCIETY
Telephone :	Marion Ironman 07763 765550 Steve Holden 07796 540554
Email :	altonpetersfield@mssociety.org
Website :	www.mssociety.org.uk

 Narcotics Anonymous Local Groups	NARCOTICS ANONYMOUS
Telephone :	03009991212
Email :	hampshireasc@ukna.org
Website :	www.ukna.org

	NATIONAL CHILDBIRTH TRUST
Telephone :	0300 3300700 Local Contact - Lynette Dudman 01420 476648
Website :	www.nct.org.uk

	PROSTATE CANCER PATIENT SUPPORT GROUP Frimley Park & Guildford
Telephone :	0800 0355302
Email :	supportgroup@prostate-project.org.uk
Website :	www.prostate-project.org.uk

SELF HELP

	RELATE
Telephone :	0330 100 1234
Email :	apps@relatenehab.org.uk
Website :	www.relatenehab.org.uk

	SAMARITANS – BASINGSTOKE & DISTRICT
Telephone :	01256 462333
Website :	www.samaritans.org

	SURE START CHILDRENS CENTRE - BUSHY LEAZE
Telephone :	Ann Blackman - 01420 87675
Website :	www.bushyleaze.co.uk

	SURVIVORS OF BEREAVEMENT BY SUICIDE
Telephone :	National – 03001115065 Guildford – 07434365815
Email :	sobsguildford@gmail.com
Website :	www.uk-sobs.org.uk