



Basingstoke
and Deane



Basingstoke and Deane **Over 55s'** Directory



Contents

- 6  **Advice, support and safety**
- 14  **Home and finance**
- 16  **Health, care and carers**
- 25  **Social activities and learning**
- 47  **Transport**
- 48  **Disabilities**

Introduction



This directory is aimed at people aged over 55 living in Basingstoke and Deane, their carers, friends and relatives.

It aims to provide information to help people find organisations to help them with various aspects of life, such as activities, care and finances.

Disclaimer

We offer all information in good faith but cannot endorse or take responsibility for individual organisations and the quality of their service.

This guide has been produced during the COVID-19 pandemic and many of the services and activities advertised in the guide have been affected by Government restrictions. Please check with the individual organisations before planning any activities.

Basingstoke and Deane Borough Council cannot accept any responsibility for cancelled or suspended services.

Over 55s'



Age Concern Hampshire

Age Concern Hampshire is an independent registered charity working to support the ageing journey for the over-50s in Basingstoke and Deane and surrounding areas.

Tel: 01962 868545

Email: basinstokeoffice@ageconcernhampshire.org.uk

Address: Age Concern Hampshire, The Orchard, White Hart Lane, Basingstoke RG21 4AF

Over 55s'



Basingstoke and Deane Over 55s' Forum

Promoting a better quality of life for the Over 55s in the borough, the Forum was set up to ensure that the views and needs of the borough's older population are represented to the people that provide everyday services. The Forum meets every two months at the Carnival Hall and invites high-profile guest speakers to discuss a variety of topics. The Forum also provides a wide social network for the Over 55s in Basingstoke, with regular newsletters, its own choir and frequent coach trips throughout the year to a variety of places.

Tel: 01256 412119

Web: www.bdover55sforum.btck.co.uk

Basingstoke First Thursday Club

An over-50s friendship club that meets on the first Thursday of every month.

Opening times: 7.30pm to 10pm first Thursday of every month.

Tel: 01256 411440

Address: The Barn, St Michael's Church Cottage, Church Square, Basingstoke

Advice, support and safety



Basingstoke NeighbourCare

Basingstoke NeighbourCare provides transport to medical appointments, clubs, shopping and befriending.

Tel: 01256 423855

Email: info@neighbourcare.com

Web: www.neighbourcare.com

Basingstoke Rape and Sexual Abuse

Crisis Centre (BRASACC)

Provides support and counselling to anyone male or female over the age of 16 who has suffered any form of childhood sexual abuse, or sexual assault, or rape, whether recent or historic. Also offers telephone support for their partners and/or relatives.

Support Line: 01256 423890

**Wednesdays 7pm-9pm and Fridays 9am to 5pm
(with 24-hour answerphone)**

Office Line: 01256 423810 (with 24-hour answerphone)

Email: admin@brasacc.org.uk

Web: www.brasacc.org.uk

Advice, support and safety



Citizens Advice

They offer free, independent, confidential and impartial advice to everyone, regardless of their circumstances or who they are. They value diversity, promote equality and challenge discrimination. Free advice is given on many subjects including employment, discrimination, benefits, tax credits, relationships, debt and housing.

There are two offices in the borough (Basingstoke and Tadley):

Citizens Advice is currently providing a digital service and clients can contact us via telephone, webchat and email.

Local contact details are on our website

www.basingstokeandtadleycab.org.uk

We are currently operating a 9am to 5pm Monday to Friday service on the telephone, email access is 24/7. Webchat is available when resources allow but generally 9am to 5pm Monday to Friday accessed via the national website

www.citizensadvice.org.uk

Citizens Advice Basingstoke

Telephone service, webchat, email, drop-in and appointments

Telephone Advice: 0300 3309 064 or free on 0800 144 8848

Website: www.basingstokeandtadleycab.org.uk

Address: 19-20 Westminster House, Basingstoke RG21 7LS

Advice, support and safety



(in Basingstoke Discovery Centre, Festival Place)

Opening hours: Monday, Tuesday and Friday 10am to 3.30pm.

Wednesday 10am to 6.30pm. Saturday 10am to 12noon.

Thursday 10am to 3.30pm (Telephone service and pre-booked specialist appointments only).

Citizens Advice Tadley

Telephone service, webchat, email, drop-in and appointments

Telephone Advice freephone: 0808 2787 987
or 0800 144 8848

Website: www.basingstokeandtadleycab.org.uk

Address: Franklin Avenue, Tadley, Hants, RG26 4ET

Opening hours: Monday and Thursday 10am to 3.30pm.

Tuesday, Wednesday and Friday 10am to 1pm.

Tadley also offer evening appointments on Thursdays.

Crimestoppers

Crimestoppers is an independent charity that gives you the power to speak up to stop crime, 100% anonymously. Whoever you are, wherever you live, from communities to companies, you can contact us by phone and online, 24/7, 365 days a year.

Tel: 0800 555 111

Web: www.crimestoppers-uk.org

Advice, support and safety



Cruse Bereavement Care

Provides a telephone helpline and trained volunteers provide face-to-face support and practical advice in branches.

Tel: 0844 330 3701

Email: northhampshire@cruse.org.uk

Digital Mentors

VIVID in partnership with Hampshire Libraries offers friendly one-to-one support through volunteer digital mentors at Basingstoke Discovery Centre. To book a session with a digital mentor contact Basingstoke Discovery Centre.

Tel: 03707 792316

Email: basingstoke.discovery.centre@hants.gov.uk

Hampshire Constabulary

This can be used to report issues directly to the police. You will also find a wide range of advice and information about crime and personal safety issues.

Address: Police Investigation Centre, Jays Close, Viables, Basingstoke, RG22 4BS

The enquiry office is open 7 days a week

Opening hours are Mon-Sat 8am to 8pm, Sun 9am to 5pm, Bank Holidays 10am to 6pm.

Tel: 101 (non-emergency) or 999

Website: www.hampshire.police.uk

Advice, support and safety



Integrated Domestic Abuse Service for Hampshire

Provides support, advocacy, help and guidance to female and male victims and survivors of domestic abuse.

Tel: 0330 016 5112

Email: spoc@theyoutrust.org.uk

Website: www.theyoutrust.org.uk

Samaritans

Samaritans provides confidential, non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress and despair.

Tel: 08457 909090

Email: jo@samaritans.org.uk

Web: www.samaritans.org.uk

Advice, support and safety



Soldiers, Sailors, Airmen and Families Association (SSAFA) Forces Help

SSAFA provides help and support for people who serve and have previously served in the armed forces. Also provides care for their families.

Tel: 07807 668 398

Email: basingstoke@hampshiressafa.org.uk

Web: SSAFA.org.uk

Address: SSAFA Forces Help Office, Blighmont TA Centre, Millbrook Road West, Southampton SO15 0AJ

Solent Mind

Anyone who is sectioned under the Mental Health Act has a right to see an Independent Mental Health Advocacy Service professional. Solent Mind is a charity providing this in North Hampshire.

Tel: 01256 328080

Address: 54 Southern Road, Basingstoke RG21 3EA

Advice, support and safety



SPECTRUM Centre for

Independent Living

SPECTRUM supports disabled people and other service users who live independently. They help people to speak up for themselves and campaign for their rights.

Tel: 02380 330 982

Textphone (minicom): 02380 202 649

Email: info@spectrumcil.co.uk

Web: www.spectrumcil.co.uk

Speakeasy Advocacy

Speakeasy Advocacy provides independent advocacy to vulnerable adults and children in Basingstoke, Andover & Test Valley, Winchester & District and Hart & Rushmoor.

Tel: 07824 696444

Web: www.speakeasyadvocacy.org.uk

Address: The Orchard, White Hart Lane, Basingstoke, RG21 4AF

Advice, support and safety



Victim Support

Victim Support delivers the Victim Care Service which is a free and confidential service for residents of Hampshire and the Isle of Wight who have been affected by a crime.

Tel: 0808 178 1641

Web: hub.hiow@victimsupport.org.uk

Home and finance



Basingstoke and Deane Borough Council

The local authority for housing, council tax benefits, environmental protection, planning, leisure and recreation, street cleansing and waste and recycling services in the borough.

Tel: 01256 844844

Email: customer.service@basingstoke.gov.uk

Web: www.basingstoke.gov.uk

Address: Civic Offices, London Road, Basingstoke RG21 4AH

Basingstoke County Court

The court deals with issues such as claims for debt repayment, personal injury, breach of contract, family issues and housing disputes.

Tel: 01256 381200

Web: www.courtservice.gov.uk

Address: The Court House, London Road, Basingstoke RG21 4AB

Home and finance



Basingstoke Job Centre

Supporting people of working age from welfare into work, and helping employers to fill their vacancies.

Tel: 0800 1690190

Web: www.gov.uk

Address: Crown Buildings, Winchester Road, Basingstoke RG21 8ES

Community Furniture Project

- Basingstoke

Provides low-cost second-hand furniture and other items.

Tel: 01256 320700

Web: www.cfpnewbury.org/basingstoke.php

Address: 5/6 Joules Road, Houndmills, Basingstoke RG21 6XH

Health, care and carers



Adults' Health and Care

Local authority adult social care department which provides services to adults who have been assessed as having eligible care needs. Can offer advice and help in relation to protecting adults from abuse. Please use the online form to make contact

www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact

For urgent contacts please call 0300 555 1386 (Monday – Thursday 08:30 – 17:00, Fridays from 08:30 – 16:30, Out of hours: 0300 555 1373) For information, advice and services to help you manage your own care and wellbeing and to stay independent, visit www.ConnectToSupportHampshire.org.uk

Alzheimer's Society Basingstoke and District Branch

Alzheimer's Society is a membership organisation which works to improve the quality of life of people affected by dementia.

Tel: 02380 610159 Web: www.alzheimers.org.uk

Health, care and carers



Basingstoke and Alton Cardiac

Rehabilitation

Basingstoke and Alton Cardiac Rehabilitation helps people to recover and then maintain their health and fitness after heart attacks and heart operations and also those at risk. GPs can refer for courses of exercise and health education.

Tel: 01420 544794

Email: hearty@cardiac-rehab.co.uk

Web: www.cardiac-rehab.co.uk

Basingstoke Counselling Service

Basingstoke Counselling Service provides responsive, professional and affordable counselling in Basingstoke and surrounding areas.

Tel: 01256 843125

Email: info@basingstokecounselling.org.uk

Address: Goldings, London Road, Basingstoke RG21 4AN

Basingstoke and North Hampshire Hospital

Tel: 01256 473202

Web: www.hampshirehospitals.nhs.uk

Health, care and carers



Basingstoke Breast Cancer Self Help Group

Basingstoke Breast Cancer Self Help Group is a support group that meets once a month for women who have or have had breast cancer.

Tel: Mrs Angela Bennett 07939 641187

Email: basingstokebreastcancer@gmail.com

Web: www.basingstokebreastcancer.org.uk

Basingstoke Sports Centre Programmes

Basingstoke Sports Centre has a whole range of activities available, from senior swims to exercise classes to badminton and much more.

Active in Health: This exercise referral scheme is suitable for anyone who may benefit from exercise to help in rehabilitation, treatment and/or prevention of certain medical conditions. These may include weight concerns, mental health conditions, arthritis and diabetes.

Cardiac Rehabilitation: A referral programme for patients with a cardiac history such as a heart attack or bypass surgery. Sessions take place in Basingstoke Sports Centre.

Cancer Rehabilitation: Specially-trained cancer rehab instructors designing and delivering exercise sessions tailored for you during or after your cancer treatment.

Health, care and carers



Steady & Strong: The classes aim to improve balance, increase mobility and reduce the risk of falls. Classes take place at Basingstoke Sports Centre and in Brighton Hill, Oakridge, Overton, Tadley and Whitchurch, subject to government restrictions.

Healthy Bodies, Healthy Minds: This weekly class is for those who are low in mood or experiencing symptoms of stress or anxiety.

Tel: 01256 326331

Address: Basingstoke Sports Centre, Festival Place, Basingstoke RG21 7LE

Web: www.mybst.org

Email: enquiries@sportscentre.org.uk

Basingstoke Voluntary Sports Council

Basingstoke Voluntary Sports Council supports and interacts with organisations, clubs and individuals within the local sporting community. We have established a good reputation locally and countywide with our role, including encouraging increased participation across activity target groups 50+, disabled, disadvantaged, etc and links to local sports clubs catering for the Over 55s and needing volunteers.

Email: basvsc@outlook.com

Web: www.basingstokelsc.org.uk

Health, care and carers



Carers Together

Carers Together provides a voice for relatives, friends or neighbours who are caring for, or arranging care for someone else. It represents carers' views and needs at county level. It is an independent organisation run by carers for carers.

Tel: 01794 519495

Email: admin@carerstogogether.org.uk

Web: www.carerstogogether.org.uk/

Hampshire Friends with ME

Hampshire Friends with ME provides a monthly support group in Basingstoke which is run by and for sufferers of ME/CFS and their carers and families. For more information please visit: <http://www.friendswithme.org.uk/>

Address: C/o The Community Centre, Brinton Lane, Hythe, Southampton SO45 4DU

Headway Basingstoke

Headway is a charity set up to give help and support to people affected by brain injury.

Tel: 01256 314969

Address: Fairway House, Parklands Hospital, Aldermaston Road, Basingstoke RG24 9RH

Web: www.headway.org.uk

Health, care and carers



Health Information Point

Free, confidential service providing information about medical conditions, treatments, support and healthy living.

Tel: 01256 313969

Email: health.info@hhft.nhs.uk

Address: Basingstoke and North Hampshire Hospital, Aldermaston Road, Basingstoke RG24 9NA

Hampshire Hospitals Palliative Care Service

Hampshire Hospitals Palliative Care Service aims to improve the quality of life and experience of patients and their families who are dealing with illnesses which are progressing and for which active treatments cannot produce a cure.

Tel: 01256 314729

Email: palliativecare@hhft.nhs.uk

The Kingfisher Day Centre

Providing activities, care and social interaction for individuals and much-deserved respite for their carers. Lunch club provides an opportunity to enjoy a freshly cooked meal in the company of others. Opening times: 9am to 4pm Mondays, Wednesdays, Thursdays and Fridays.

Tel: 01256 893333

Email: kingfisherdaycentre@gmail.com

Web: www.kingfisherdaycentre.org

Address: The Kingfisher Day Centre, Laverstoke Lane, Laverstoke, Whitchurch, Hampshire RG28 7NY

Health, care and carers



Quit smoking with Smokefree Hampshire

Free and confidential advice.

Tel: 01264 563039 or 0800 772 3649, or text Quit to 66777

Email: <mailto:smokefree.hampshire@nhs.net>

Web: www.smokefreehampshire.co.uk

Health Walks

Organised by Basingstoke and Deane Borough Council, these are regular walks in various locations, led by volunteers.

Tel: 01256 844844

Web: www.basingstoke.gov.uk/healthwalks

Tadley Elderly Day Care (formerly Loddon Valley Day Care Centre)

Day care for the elderly and for those with dementia, Parkinson's, etc and for those isolated or lonely. Providing time off for carers – husbands/wives/family.

We provide a lively and stimulating day with lots of activities tailored to all abilities. Includes a two-course lunch, morning tea and coffee and afternoon tea and cake. £29 per day all-inclusive.

Opening times: 10am to 3pm Mondays, Wednesdays and Thursdays.

Tel: 07501 406573

Email: info@tadleyelderlydaycare.co.uk

Address: Ambrose Allen Centre, 2 Franklin Avenue, Tadley, Hampshire RG26 4ET

Health, care and carers



Macular Society Support Group

A support group for those affected by a macular condition.

Opening times: 10am to 12pm, first Thursday of every month (excluding August).

Tel: 01183 278 231

Address: Church Cottage, Church Square, Basingstoke RG21 7QW

MHA Communities Basingstoke and East Hampshire.

MHA Communities Basingstoke and East Hampshire provide social and practical support and activities to older people across the Basingstoke and East Hampshire districts. We aim to provide help and friendship to prevent issues such as loneliness, isolation and increasing frailty becoming triggers for depression and lack of confidence, leading to illness and earlier than necessary admission to hospital and residential care. We encourage independence, enable friendships and peer support and help to build self-confidence.

Tel: 01332 296200

Address: Woodlands Hall, Larch Road, Headley Down, Bordon, Hampshire GU35 8AS

Web: www.mha.org.uk

Health, care and carers



Multiple Sclerosis Society

- Basingstoke Group

Multiple Sclerosis Society offers friendly advice and support for people with MS, their families, friends and carers.

Tel: 07759 972589

Email: Basingstoke@mssociety.org

Address: Audley's Wood Resource Centre, Alton Road, Basingstoke RG25 2JU

Options Gambling Counselling Service

A free specialist counselling service for individuals, their spouses, partners and families who are experiencing difficulties resulting from a gambling addiction problem.

Tel: 01256 843203

Web: www.optionscounselling.co.uk

Address: 51 Hackwood Road, Basingstoke RG21 3AE

The Stroke Association

- Basingstoke Support Group

The Stroke Association - Basingstoke Support Group is a charity concerned with combatting strokes in people of all ages.

Tel: 07429 620459

Email: BasingstokeSAVG@Stroke.org.uk

Website: www.stroke.org.uk/Basingstoke

Social activities and learning



Adult and community learning

A full range of vocational, leisure and recreational courses is available to adults at a number of locations around the borough.

Web: www.basingstoke.gov.uk/community-learning

Aerobility

Aerobility enables disabled people, no matter what their impairment, to experience the magic of flying a light aircraft. You can start with an introductory lesson and then, if 'bitten by the flying bug' we can teach you to fly yourself. Maybe even ultimately obtain a private pilot's licence.

Tel: 0303 303 1230

Email: info@aerobility.com

Web: www.aerobility.com

Address: Aerobility, Blackbushe Airport, Hampshire GU17 9LQ

Age Concern Hampshire

Age Concern Hampshire is an independent registered charity working to support the ageing journey for the over-50s in Basingstoke and Deane and surrounding areas.

Tel: 01962 868545

Email: basingstokeoffice@ageconcernhampshire.org.uk

Address: Age Concern Hampshire, The Orchard, White Hart Lane, Basingstoke RG21 4AF

This guide has been produced during the COVID-19 pandemic and many of the services and activities advertised in the guide have been affected by Government restrictions. Please check with the individual organisations before planning any activities.

Social activities and learning



Anvil Arts

Anvil Arts is the largest performing arts organisation in Hampshire, and runs The Anvil, The Haymarket and The Forge in Basingstoke.

Tel: Box Office: 01256 844244

Email: box.office@anvilarts.org.uk

Web: anvilarts.org.uk

Address: The Anvil, Churchill Way, Basingstoke RG21 7QR

The Forge (at The Anvil), Churchill Way, Basingstoke

The Haymarket, Wote Street, Basingstoke RG21 7NW

Basingstoke and Deane Community

Leisure Trust

The Trust manages the Basingstoke Aquadrome, Basingstoke Golf Trust Centre, and Tadley Pool. For a full list of facilities please see the website.

Basingstoke Aquadrome: Tel: 01256 472343

Tadley Swimming Pool: Tel: 01189 817818

Web: www.basingstokeleisure.com

Social activities and learning



Basingstoke and District Beekeepers'

Association

The Association has a membership of over 100 local beekeepers and welcomes anyone interested in keeping colonies of honeybees. A four-part training course is held each year, in addition to monthly practical sessions, from April to October. There are monthly evening meetings with speakers between September and April.

Email: secretary@basingstokebees.co.uk

Web: www.basingstokebees.co.uk

Basingstoke Allotment and Leisure

Gardeners' Association (BALGA)

BALGA is a volunteer-run association seeking to help local allotment holders and leisure gardeners. Offering support, advice and discount price gardening essentials from our trading shed located at Eastrop Allotment Site (next to the Basingstoke YMCA).

Open 10am to 12noon Sunday from March to October and every first Saturday of the month from April to October.

Email: information@balga.co.uk

Social activities and learning



Basingstoke and District Model

Engineering Society

The aim of the society is to maintain and preserve parts of England's industrial heritage captured in miniature, and to educate and teach youngsters of today about making and running miniature engines and other machines. Also, to maintain and operate the miniature railway at Viables, which provides train rides for the residents of the Basingstoke area.

Tel: 01420 543581 **Web:** www.basingstoke-dmes.co.uk

Address: Unit 5 Viables Craft Centre, Basingstoke RG22 4BJ

Basingstoke and District Railway Society

The society was formed in 1974 with the objective of providing lectures, films, illustrated talks and other entertainment on matters concerning railways, including organised tours and journeys of railway and associated interest. The society usually meets on Wednesday evenings twice a month at The Wote Street Club in Basingstoke town centre.

Tel: 01256 331002

Email: secretary@bdrs70d.com

Web: www.bdrs70d.com

Social activities and learning



Basingstoke Astronomical Society

Promotes and encourages all aspects of astronomy.

Email: basingstokeas.org.uk@gmail.com

Web: www.basingstokeas.org.uk

Address: Cliddesden Primary School, Cliddesden, Basingstoke RG25 2QU

Basingstoke Blues Club

A blues club which offers regular jamming sessions and hosts a variety of bands and gigs.

Opening times: Meets the first Saturday of the month.

Tel: 01256 324313 **Email:** ted@basingstokebluesclub.co.uk

Address: The Moose Centre, Churchill Way, Basingstoke RG21 7QU

Basingstoke Blues Club Jammers

A blues club which offers regular jamming sessions and hosts a variety of bands for practices. Jams are staged every second Friday of the month from 7.30pm. Free entry, club bar prices.

Tel: 01256 324313

Email: ted@basingstokebluesclub.co.uk

Address: The Moose Centre, Churchill Way, Basingstoke RG21 7QU

Social activities and learning



Basingstoke Camera Club

Aims to promote photography to all.

Opening times: Thursdays, September to May at 7.45pm

Address: Oakridge West Community Association,
Upton Crescent, Basingstoke RG21 5SN

Basingstoke Chess Club

Tel: 01256 469749 or 01264 333175

Web: www.basingstokebridgeclub.org.uk

Basingstoke College of Technology

(BCOT)

Educational Courses

Offering a variety of educational courses.

Tel: 01256 354141

Leisure Courses

Basingstoke College of Technology offers some leisure courses, providing the chance to meet new people whilst learning new or developing current skills.

Tel: 01256 306484

Email: information@bcot.ac.uk

Web: www.bcot.ac.uk

Address: Worting Road, Basingstoke RG21 8TN

Social activities and learning



Basingstoke Discovery Centre

The full range of library services is available, including books, audiobooks and magazines for loan in a variety of formats.

Free use of internet-ready computers and wifi.

Activities for children, families and clubs.

Events programme and volunteering opportunities are also available. There are also rooms for hire.

Opening times: Monday, Wednesday, Thursday, Friday and Saturday 9.30am to 5pm, Tuesdays 9.30am – to 1.30pm

Tel: 0300 555 1387

Web: www3.hants.gov.uk/library-basingstoke

Address: 19/20 Westminster House, Festival Place,
Basingstoke RG21 7LS

Basingstoke Heritage Society

Review planning applications and offer comments to the council; keep photographic records of town developments; maintain an interest in important trees and hedgerows; install commemorative plaques in places of historical significance; make occasional visits to places of local interest and report on matters detrimental to the appearance and wellbeing of the town.

Tel: 01256 473390

Web: www.bas-herit-soc.org

Social activities and learning



Basingstoke Horticultural Society

Provides opportunities and facilities for the enhancement of knowledge and interest in all aspects of horticulture and gardening.

Tel: 01256 324185 **Email:** philip.wraight@btinternet.com

Address: Kempshott Village Hall, Stratton Park off Pack Lane, Kempshott, Basingstoke RG22 5HN

Basingstoke Irish Society

A social club and members' bar. Activities include children's Irish dancing, set dancing and card playing. Regular dances and Irish music nights, along with frequent family nights and an annual Irish festival.

Tel: 01256 353143

Email: secretary@basingstoke-irish.com

Address: The Irish Centre, Council Road, Basingstoke RG21 3DH

Basingstoke Ladies Choir

A 50-strong choir of women who sing all styles of music, from secular to folk and show-stoppers to the latest chart-busters.

Tel: 01256 783000

Email: heyjude25@gmail.com

Web: www.basingstokeladieschoir.co.uk

Social activities and learning



Basingstoke Male Voice Choir

Tel: 01256 881504

Email: contact@basingstoke.mvc.org.uk

Web: www.basingstokemvc.org.uk

Address: United Reformed Church, London Street, Basingstoke RG21 7NU

Basingstoke Mencap

Mencap supports people with a learning disability to experience life to the full through leisure activities, individual help, progression towards employment and horticulture, woodwork and crafts therapy (see also Basingstoke Mencap Greenfingers Project below).

In addition, there are many opportunities to volunteer in our work.

Tel: 01256 423886

Email: office@basingstokemencap.org.uk

Web: www.basingstokemencap.org.uk

Address: The Orchard, White Hart Lane, Basingstoke RG21 4AF

Social activities and learning



Basingstoke Mencap Greenfingers Project

Greenfingers is a horticulture therapy project helping people to learn new skills and make new friends. The ethos of the project is very much one of being therapeutic, offering gardening, woodwork and craft activities in a friendly environment.

Web: greenfingers@basingstokemencap.org.uk

Address: Basingstoke Mencap Services - Greenfingers Project, Elizabeth Road Allotments, Basingstoke RG22 6AX

Basingstoke Shed

Basingstoke Shed is a place where men and women can meet to make and mend things together. The Shed is like a typical man's garden shed, with all kinds of tools and materials, but where the members work together, usually for the community. We have two sites in Basingstoke: one at Everest Community Academy (open Mon and Weds from 2pm to 7pm) and the other at Queen Mary's College (open Mon and Thurs from 2pm to 6pm).

Tel: 07434 678104

Email: contact@basingstokeshed.org.uk

Web: www.basingstokeshed.org.uk

Address: Basingstoke Shed, c/o Everest Community Academy, Oxford Way, Popley RG24 9UP

Social activities and learning



Basingstoke Silver Band

The Basingstoke Silver Band has been playing in and around Basingstoke for over 100 years. They have a training band for those who want to learn to play or are coming back to banding after years away. We meet on Fridays from 7pm to 8.30pm at the Elizabeth Hall, Raven Road, Hook, and we would be pleased to see you.

Tel: 01420 82646

Web: www.facebook.com/BasingstokeSilverBand/

Basingstoke Sports Centre Programme

Basingstoke Sports Centre has a whole range of activities available, from senior swims to exercise classes to badminton and much more.

Tel: 01256 326331

Address: Basingstoke Sports Centre, Festival Place, Basingstoke RG21 7LE

Web: www.mybst.org

Email: enquiries@sportscentre.org.uk

Basingstoke Symphony Orchestra

Performs regular concerts at local venues.

Web: www.bso.org.uk

Social activities and learning



Basingstoke Voluntary Action

BVA supports charitable organisations across Basingstoke and Deane, as well as helping local residents find interesting volunteering opportunities. BVA has a wealth of information on charitable services, activities and support. Therefore if you need help from a charity, BVA can help you identify it.

Tel: 01256 423816

Email: contact@bvaction.org.uk

Web: www.bvaction.org.uk

Address: The Orchard, White Hart Lane, Basingstoke RG21 4AF

Beggarwood Community Centre / Cafe in the Park

Activities suitable for the over 55s include a Community Lunch, held on the first Wednesday of the month when volunteers serve a delicious lunch with friends; Walking for Health on Wednesdays; Card & Cuppa runs on Friendship Friday twice a month, with Pauline guiding her group to be creative whilst enjoying lunch and making new friends. Several groups run services for over 55s through Yoga, Move it or Lose it and Pilates at Beggarwood Centre main hall.

Tel: 01256 811262

Email: office@hatchwarren.org

Web: www.hatchwarren.org

Address: Café in The Park, Beggarwood Community Centre, Broadmere Road, Basingstoke RG22 4AQ

Social activities and learning



Bluewave Korean Martial Arts

We provide training in the Korean Martial Art of Taekwondo. Training in Taekwondo is suitable for all ages, including those 55+ and will improve fitness and help maintain flexibility and suppleness.

Tel: 0800 860 0043

Email: info@bluewave.org.uk

Web: www.bluewave.org.uk

Central Studio Theatre company

A non-professional theatre group interested in producing unusual and innovative theatre.

Tel: 01256 418318

Address: Queen Mary's College, Cliddesden Road, Basingstoke RG21 3HF

Connect to Support Hampshire

Visit the Community Directory on Connect to Support Hampshire for hundreds of social, leisure and learning opportunities, including lunch clubs and social groups.

Web: www.connecttosupporthampshire.org.uk

Forever Young

A gentle circuit-based exercise class for mature people. £5 per class. Tea and coffee at the end. Every Monday 11am to 12.30pm.

Tel: 07787 558221

Address: Viables Community Centre, Cliddesden Road, Basingstoke RG21 3HF

Social activities and learning



The Carnival Hall Dance Club

The Carnival Hall Dance Club meets weekly on Tuesday afternoons 2pm to 4pm. We are a friendly club enjoying ballroom, Latin and sequence dances and we provide a cup of tea/coffee and a biscuit during the afternoon. We welcome beginners through to experts, but do not provide any teaching.

Tel: 07890028669

Address: Carnival Hall, Council Road, Basingstoke RG21 3DH

The Harrow Way Over 55s' club

Meets every other Wednesday at Viabes Community Centre 1pm to 4pm. There is always a speaker, tea, coffee and biscuits, a book swap and a chance to meet new people.

Tel: 01256 324012

Address: Queen Mary's College, Cliddesden Road, Basingstoke RG21 3HF

Inspero Green Therapy

Green Therapy uses the outdoors, horticulture and nature to promote good mental, emotional and physical wellbeing. This project is delivered in partnership with Stratton Park Men's Shed at our charity community garden and village hall.

Opening times: Friday 10am – 2.00pm

Tel: 07950 686614

Address: Inspero Community Garden, Kempshott Village Hall

Email: info@inspero.org.uk

Web: www.inspero.org.uk

Social activities and learning



Libraries

Hampshire County Council's libraries provide far more than books. There are DVDs, talking books, digital media and they host events and social activities; from knitting groups to learning computer skills. There are also rooms for hire.

Opening times: Monday to Saturday

Tel: 0300 555 1387

Web: www.hants.gov.uk/library

Lions Club of Basingstoke

We are a charity which organises concerts, quizzes and other events as fundraisers in support of other charities and the local community.

Web: www.basingstokelions.org.uk

Email: philipjhwilson@btinternet.com

The Memory Box Project

The Memory Box Project is an exciting reminiscence project which aims to engage, support and share memories with people living with dementia in Hampshire.

Email: enquiries@wessexheritagetrust.org

Social activities and learning



Milestones Musuem

Hampshire's living history museum.

Tel: 01256 477776 **Web:** www3.hants.gov.uk/milestones

Address: Leisure Park, Churchill Way West, Basingstoke

Natural Basingstoke and local conservation groups

Natural Basingstoke is an umbrella conservation group supporting 20 local green space groups across Basingstoke and Deane. Volunteers are involved with practical habitat management, wildlife surveys, nature events and much more, improving Basingstoke's open spaces for people and wildlife.

Email: admin@naturalbasingstoke.org.uk

Web: www.basingstoke.gov.uk/conservation-groups

<http://naturalbasingstoke.org.uk>

Facebook: www.facebook.com/naturalbasingstoke

North Hampshire Wine Society

A friendly and informal group which gets together once a month to enjoy a glass of wine.

Opening times: 7.45pm, fourth Wednesday of each month.

Email: secretary@north-hampshire-wine-society.org.uk

Web: www.north-hampshire-wine-society.org.uk

Address: School Room, St Michael's Church Rooms, Church Square, Basingstoke RG21 7QW

Social activities and learning



Oakley Camera Club

A small friendly club with members from a range of age groups and abilities. New members are always welcome. Please visit our website for more information and where you can get in touch through our 'contact us' page.

Web: www.oakleycameraclub.weebly.com

Parability Basingstoke Services

To help build a society without discrimination or barriers where we all find ways to help each other. We offer an Activity and Social Group which is open to all ages and abilities to help people remain fit, active and independent, as well as finding ways to help each other.

Tel: 07982 925709

Email: enablement@parability.org

Facebook: www.facebook.com/Parability.Basingstoke

Web: www.parability.org

Address: Adult Education, Queen Mary's College, Cliddesden Road, Basingstoke RG21 3HF

Social activities and learning



Queen Mary's College

Educational Courses

Offering a variety of educational courses.

Tel: 01256 417517

Email: adult.education@qmc.ac.uk

Web: www.qmc.ac.uk

**Address: Adult Education, Queen Mary's College,
Cliddesden Road, Basingstoke RG21 3HF**

Rotary Club Basingstoke and Deane

Social, activities and fundraising organisation.

Tel: 01256 320871

Rotary Club Basingstoke Loddon

Social, activities and fundraising organisation.

Tel: 07521 042317

Email: jkustner@gmail.com

Social activities and learning



RSPB Basingstoke Local Group

The group welcomes anyone who is interested in birds and their habitats and nature in general. Monthly walks are organised offering a great opportunity to watch and learn about birds in the wild, other wildlife and to enjoy the outdoors and meeting with like-minded local people.

Tel: 01256 770 831 or 07895 388 378

**Address: Monthly evening meetings with speakers are held at
The Barn, Church Cottage, St Michael's Church, Basingstoke.**

Email: rspsbasingstoke@gmail.com

Website: www2.rspb.org.uk/groups/basingstoke

Sports clubs across Hampshire and the Isle of Wight

Details of numerous sports clubs and facilities can be found on the Energise Me website.

Web: www.energiseme.org

The University of the Third Age

Self-helped, self-managed lifelong learning co-operatives for older people no longer in full-time work. Provides an opportunity to share experiences, enjoy social activities and pursue learning for fun.

Overton & District: Tel: Maureen Tory 01256 771953

**Address: St Mary's Hall, High Street, Overton,
Basingstoke RG25 3HA**

Email: overtonu3a@gmail.com

Web: www.overtonu3a.org.uk

Social activities and learning



Basingstoke U3A

A friendly and thriving organisation for the retired or semi-retired, the U3A offers members lots of recreational and social pastimes to enjoy, plus a wide range of study groups. Members can join as many activities as they wish, subject only to availability; they're all welcoming and informal. Join us to enjoy yourself, make new friends and develop your interests.

Address: 15 Mayflower Close, Basingstoke RG24 8XS

Email: basingstokeu3aenquiries@gmail.com

Web: www.basingstokeu3a.org

Viabes Memory Club

Viabes Memory Club works in partnership with a range of local agencies, provides pastimes and companionship for people with early to middle stages of dementia.

Sessions will run every Friday from 10.30am to 12.30pm and 1pm to 3pm. Lunch from 12.30pm to 1pm. Cost per session: £7 (optional lunch extra £4.50).

Tel: 01256 473634

Address: Viabes Community Centre, Viabes Craft Centre, The Harrow Way, Basingstoke RG22 4BJ

Social activities and learning



Vue Cinema

Tel: 0345 308 4620

Web: www.myvue.com

Address: Festival Place, New Market Square, Basingstoke RG21 7BB

Westside Community Centre Activities

Lunch Club: Every third Monday of the month from 12.30pm onwards. £4 pre-booking required for lunch and a pudding

Merryatrics: Wednesdays 2pm to 3.45pm. Speakers, trips, quizzes, open afternoons and entertainers. Membership £5.50 for the year or weekly cost of 70p

Seated Pilates: Tuesday 1.30pm and 2.30pm. £4.50 per session

Tel: 01256 464571

Email: westsidecommunitycentre@hotmail.co.uk

Social activities and learning



Willis Museum

Basingstoke and Deane's past, from the rich archaeological heritage beneath our feet, right up to the modern day.

Opening Times: Monday to Friday 10am to 5pm, Saturday 10am to 4pm.

Tel: 01256 465902

Address: Old Town Hall, Market Place, Basingstoke RG21 7QD

Winklebury Over 55s' Group

Social activities and chat every Wednesday from 2pm to 4pm.

Tel: 01256 474660

Address: Sycamore Halls Community Centre, Sycamore Way, Winklebury, Basingstoke RG23 8AB

Transport



Basingstoke Dial-a-Ride

Dial-a-Ride is a door-to-door service for anyone who finds it difficult or impossible to use ordinary bus services.

Tel: 01256 462101

Address: White Ditch Playing Field, Sherborne Road, Basingstoke RG21 5UT

Basingstoke Community Transport

Specialises in the transportation of the mobility-impaired in the local community. Provides a door-to-door service.

Tel: 01256 320501

Address: Chute House, Church Street, Basingstoke RG21 7QT

Basingstoke NeighbourCare

Basingstoke NeighbourCare provides transport to medical appointments, clubs, shopping and befriending.

Tel: 01256 423855

(see also Advice, Support and Safety section)

Web: www.neighbourcare.com

Stagecoach

Local bus service.

Tel: 0871 200 22 33 (calls cost 10p per minute plus network extras.)

Email: enquiries.south@stagecoachbus.com

Disabilities



Audleys Resource Service

Audleys Resource Service is a progressive day resource for people with physical disabilities aged 16 to 64+.

Tel: 01256 326404

Address: Alton Road, Basingstoke RG25 2JT

Basingstoke and Deane Borough Council assisted refuse collection

The council provides an assisted collection for residents who are unable to put their bin out for collection due to disability or infirmity.

Tel: 01256 844844

Email: waste@basingstoke.gov.uk

Web: www.basingstoke.gov.uk/assisted-bin-collection-service

Basingstoke and District Disability Forum

Basingstoke and District Disability Forum (BDDF) is a charity for anyone affected by any type of disability within the local community. This includes disabled people and their carers, as well as fellow charities and local businesses. BDDF promotes inclusion and opportunities for anyone with a disability, by providing information and bringing people together. Their activities include a monthly e-newsletter, signposting service and informal get-togethers (ConneXions), along with members' events and fundraising. For more information, please contact them as below.

Tel: 01256 423869

Email: info@bddf.org.uk

Web: www.bddf.org.uk

Disabilities



The British Polio Fellowship

The British Polio Fellowship seeks to empower and support all people in the UK living with the effects of polio by campaigning, providing information, advocacy and welfare support and by raising the profile of its work.

Freephone 0800 018 0586

Email: info@britishpolio.org.uk

Address: The British Polio Fellowship, Eagle Office Centre, The Runway, South Ruislip, Middlesex HA4 6SE

Connect to Support Hampshire

Visit Connect to Support Hampshire for information and advice, as well as local and national support services for people with disabilities.

Web: www.ConnectToSupportHampshire.org.uk

Helping hands for the blind

Providing sight loss services to Basingstoke, weekly coffee mornings, social events, days out, trained volunteers and practical advice.

Website: www.helpinghandsfortheblind.org.uk

Tel: 01256 533987

Email: info@helpinghandsfortheblind.org.uk

This guide has been produced during the COVID-19 pandemic and many of the services and activities advertised in the guide have been affected by Government restrictions. Please check with the individual organisations before planning any activities.

Disabilities



Talking News Basingstoke

Providing a weekly talking news service for the print disabled in Basingstoke and surrounding areas.

Website: www.helpinghandsfortheblind.org.uk/talkingnews

Tel: 01256 533987

Email: tn@helpinghandsfortheblind.org.uk

HHCR Basingstoke Community Radio

Broadcasting online 24 hours a day, 7 days a week for the Basingstoke community. Music, local information, local features and local people.

Website: www.hhcr.org.uk

Tel: 01256 533987

Email: studio@hhcr.org.uk

Library services

Hampshire Libraries offer a number of services for older people and people with disabilities, including a home library service for those who cannot get out.

Website: www.hants.gov.uk/library/servicesforyou

Remap Basingstoke

Remap is a national charity with hundreds of volunteers who love making things for disabled people. We design and custom-make

Disabilities



equipment and everything is provided free of charge! We aim to help people achieve independence and quality of life, filling the gap where no suitable equipment is available commercially.

Tel: 01256 225633 or 0118 9700 100

Shopmobility Basingstoke

Shopmobility Basingstoke provides facilities for those with mobility challenges and has a wide range of equipment for all abilities. The service is available to all ages, whether the lack of mobility is temporary or otherwise. Powered scooters, electrical and manual wheelchairs, together with 4-wheeled walking frames are available to use in the town centre or to hire for days out, holidays and use at home. Full training is given.

Tel: 01256 476066

Web: www.shopmobilitybasingstoke.org

Address: Church Street, Basingstoke RG21 7QQ

Thrive Trunkwell Garden

Thrive is a national charity whose vision is to enable those touched by a disability to transform their lives using gardening. Sessions of Social and Therapeutic Horticulture are available at Thrive's Trunkwell Garden.

Tel: 0118 988 5688

Address: Thrive, The Geoffrey Udall Centre, Beech Hill, Reading RG7 2AT

Web: www.thrive.org.uk

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Website: www.basingstoke.gov.uk

Tel: **01256 844844**

(lines are open from 8.30am to 5.30pm Monday to Thursday
and 8.30am to 5pm Friday, closed bank holidays)

Address: **Basingstoke and Deane Borough Council,
Civic Offices, London Road, Basingstoke RG21 4AH**

Reception open for pre-booked appointments, please call 01256 844844 if you
would like to make an appointment.

**For a large print copy of this
leaflet please call 01256 844844**



Sign up

for email updates on council
services, news and events.

www.basingstoke.gov.uk/signup