



# Basingstoke and Deane Over 55s Directory

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## Introduction

This directory is intended to provide a list of organisations that can help with various aspects of life including activities, care and finances for people aged over 55 living in the borough.

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

Basingstoke and Deane Borough Council cannot accept any responsibility for cancelled or suspended services. Please check with the individual organisations before planning any activities.

## Advice, support and safety

An overview of each organisation and the services they offer in relation to advice, support and safety is provided below along with contact details.

### [Basingstoke NeighbourCare \(#\)](#)

**Overview and services:** Supporting independence in older people.

Services include:

- transport for trips, shopping, appointments and events
- handyperson for jobs around the house
- affordable, regular and reliable gardening service

- community cafés and social groups
- volunteer befrienders providing regular weekly visit for a chat

**Website:** [neighbourcare.com](http://neighbourcare.com)

(<https://www.neighbourcare.com>) **Email:** [info@neighbourcare.com](mailto:info@neighbourcare.com)

(<mailto:info@neighbourcare.com>) **Phone:** 01256 423855 (Car Transport) or 01256 423857 (Handyperson and Gardening)

### [Citizens Advice Basingstoke \(#\)](#)

**Overview and services:** Offering free, independent, confidential and impartial advice to everyone, regardless of their circumstances or who they are. CAB values diversity, promotes equality and challenges discrimination. Free advice is given on many subjects including benefits, employment, debt and money, housing, family and relationship issues.

**Website:** [cabasingstoke.org.uk](http://cabasingstoke.org.uk)

(<https://www.cabasingstoke.org.uk/>) **Email:** [Visit our local website and fill out a contact form](#)

(<https://www.cabasingstoke.org.uk/email>) **Phone:** 0808 278 7829

### [Citizens Advice Tadley \(#\)](#)

**Overview and services:** Offering advice and support to the people of Tadley and surrounding areas such as Kingsclere, Silchester and Pamber on a variety of topics including benefits, housing, employment, debt, family, and consumer. Giving people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

**Website:** [catadley.org](http://catadley.org)

(<https://www.catadley.org/>) **Email:** [admin@catadley.org](mailto:admin@catadley.org)

(<mailto:admin@catadley.org>) **Phone:** 0808 278 7987 (Advice line) or 0118 981 7567 (Admin line)

### [Crimestoppers \(#\)](#)

**Overview and services:** 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 Crimestoppers by phone and online, 24/7, 365 days a year.

**Website:** [crimestoppers-uk.org](http://crimestoppers-uk.org) (<http://www.crimestoppers-uk.org/>)

**Phone:** 0800 555 111

### [Cruse Bereavement Care \(#\)](#)

**Overview and services:** Helping people through one of the most painful times in life with bereavement support, information and campaigning.

**Website:** [cruse.org.uk \(https://www.cruse.org.uk/\)](https://www.cruse.org.uk/)

**Phone:** 0808 808 1677

### [Hampshire and Isle of Wight Constabulary\\_ \(#\)](#)

**Overview and services:** This service can be used to report issues directly to the police and provides a wide range of advice and information about crime and personal safety issues.

**Website:** [hampshire.police.uk \(http://www.hampshire.police.uk/\)](http://www.hampshire.police.uk/)

**Phone:** 101 (non-emergency) or 18001 101 (textphone service) if you have a hearing or speech impairment

### [North and Mid Hampshire Safe Haven \(Andover Mind\)\\_ \(#\)](#)

**Overview and services:** Provides emotional and practical help to individuals experiencing mental health crises within calm, safe and confidential surroundings. Visit in person, speak to them over the phone or access it virtually. Open 6pm to 10pm, 365 days. There is no need for an appointment or referral.

**Website:** [North and Mid Hampshire Safe Haven \(https://www.andovermind.org.uk/services/north-and-mid-hampshire-safe-haven/\)](https://www.andovermind.org.uk/services/north-and-mid-hampshire-safe-haven/)

**Phone:** 0300 303 5772

### [Samaritans\\_ \(#\)](#)

**Overview and services:** Provides confidential, non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress and despair.

**Website:** [samaritans.org \(http://www.samaritans.org/\)](http://www.samaritans.org/)

**Email:** [jo@samaritans.org.uk \(mailto:jo@samaritans.org.uk\)](mailto:jo@samaritans.org.uk)

**Phone:** 116 123

### [SSAFA \(Soldiers', Sailors', and Airmen's Families Association\)\\_ \(#\)](#)

**Overview and services:** A UK charity that provides lifelong support to serving men and women and veterans from the British Armed Forces and their families.

**Website:** [ssafa.org.uk \(https://www.ssafa.org.uk/\)](https://www.ssafa.org.uk/)

**Email:** [SouthEast.Region@ssafa.org.uk](mailto:SouthEast.Region@ssafa.org.uk)

[\(mailto:SouthEast.Region@ssafa.org.uk\)](mailto:SouthEast.Region@ssafa.org.uk) **Phone:** 0800 260 6767

### [Speakeasy Advocacy\\_ \(#\)](#)

**Overview and services:** Provides individual and self advocacy groups for vulnerable children, young people and adults, to ensure they have a voice, choice and rights. With an aim to assist Hampshire residents who are struggling to get the right care and support. Most work is project funded.

**Website:** [speakeasyadvocacy.org.uk \(https://www.speakeasyadvocacy.org.uk/\)](https://www.speakeasyadvocacy.org.uk/)

**Email:** [hello@speakeasyadvocacy.org.uk \(mailto:hello@speakeasyadvocacy.org.uk\)](mailto:hello@speakeasyadvocacy.org.uk)

**Phone:** 01256 423829

### [SPECTRUM Centre for Independent Living \(#\)](#)

**Overview and services:** Supports disabled people and other service users who live independently. They help people to speak up for themselves and campaign for their rights.

**Website:** [spectrumcil.co.uk \(https://spectrumcil.co.uk/\)](https://spectrumcil.co.uk/)

**Email:** [info@spectrumcil.co.uk \(mailto:info@spectrumcil.co.uk\)](mailto:info@spectrumcil.co.uk)

**Phone:** 023 8033 0982

**Textphone (Minicom):** 023 8020 2649

### [START \(Sexual Trauma and Abuse Restorative Therapies\) \(#\)](#)

**Overview and services:** A confidential, specialist counselling and support service for anyone who has experienced sexual abuse and/or sexual assault, resulting in sexual trauma.

**Website:** [start-org.uk \(http://www.start-org.uk/\)](http://www.start-org.uk/)

**Phone (Advice and support):** 01962 868 688

**Text (SMS):** 07860 027793

### [The YOU Trust \(#\)](#)

**Overview and services:** A charity that offers a range of services for people with learning disabilities, mental health issues, domestic abuse, sexual violence, and stalking.

**Website:** [theyoutrust.org.uk \(http://www.theyoutrust.org.uk/\)](http://www.theyoutrust.org.uk/)

**Email:** [enquiries@theyoutrust.org.uk \(mailto:enquiries@theyoutrust.org.uk\)](mailto:enquiries@theyoutrust.org.uk)

### [Victim Support \(#\)](#)

**Overview and services:** 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.

**Website:** [hampshireiowvictimcare.co.uk \(https://www.hampshireiowvictimcare.co.uk/\)](https://www.hampshireiowvictimcare.co.uk/)

**Email:** [hub.hiow@victimsupport.org.uk \(mailto:hub.hiow@victimsupport.org.uk\)](mailto:hub.hiow@victimsupport.org.uk)

**Phone:** 0808 178 1641

# Home and finance

An overview of each organisation and the services they offer in relation to home and finance is provided below along with contact details.

## [Basingstoke and Deane Borough Council \(#\)](#)

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

**Website:** [basingstoke.gov.uk \(https://www.basingstoke.gov.uk/\)](https://www.basingstoke.gov.uk/)

**Phone:** 01256 844844

## [Basingstoke County Court and Family Court \(#\)](#)

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

**Website:** [Find a Court or Tribunal \(GOV.UK\) \(https://www.find-court-tribunal.service.gov.uk/\)](https://www.find-court-tribunal.service.gov.uk/)

**Phone:** 01256 381200

## [Community Furniture Project - Basingstoke \(#\)](#)

**Overview and services:** Provides practical support for people through furniture, household goods and appliance reuse, together with varied volunteering, supported volunteering and accredited training opportunities.

**Website:** [CFP Basingstoke - The Newbury Community Resource Centre \(https://www.n-c-r-c.org/community-furniture-project-basingstoke/\)](https://www.n-c-r-c.org/community-furniture-project-basingstoke/)

**Email:** [enquiries@cfpbasingstoke.org \(mailto:enquiries@cfpbasingstoke.org\)](mailto:enquiries@cfpbasingstoke.org)

**Phone:** 01256 320700

## [Jobcentre plus \(#\)](#)

**Overview and services:** Supports working age people seeking to find work and claiming Universal Credit (UC). Specific support for those over 50 claiming UC and looking for employment. Includes enhanced Work Coach discussions, a Mid Life MOT event, links with local employers and hosting of Job Fairs and other recruiter/jobseeker events.

**Website:** [Contact Jobcentre Plus \(GOV.UK\) \(https://www.gov.uk/contact-jobcentre-plus\)](https://www.gov.uk/contact-jobcentre-plus) or [JobHelp \(https://jobhelp.campaign.gov.uk/\)](https://jobhelp.campaign.gov.uk/)

**Phone:** 0800 1690190

# Health, care and carers

An overview of each organisation and the services they offer in relation to health, care and carers is provided below along with contact details.

## [Adult social care \(HCC\)\\_\(#\)](#)

**Overview and services:** Provides services to adults who have been assessed as having eligible care needs. They can offer advice and help including in relation to protecting adults from abuse.

[Please use the online form to make contact](#)

[\(https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact\)](https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/contact)

**Website:** [Adult social care - Hampshire County Council](#)

[\(https://www.hants.gov.uk/socialcareandhealth/adultsocialcare\)](https://www.hants.gov.uk/socialcareandhealth/adultsocialcare)

**Phone:** 0300 555 1386

## [Alzheimer's Society\\_ \(#\)](#)

**Overview and services:** Offers dedicated support to those who need it, campaigns for change and funds ground-breaking research.

**Website:** [alzheimers.org.uk](https://www.alzheimers.org.uk) (<https://www.alzheimers.org.uk/>)

**Phone:** 0333 150 3456

## [Basingstoke and North Hampshire Hospital\\_ \(#\)](#)

**Overview and services:** Provides a full range of planned and emergency services including specialist services for patients with rare or complex illnesses.

**Website:** [hampshirehospitals.nhs.uk](https://www.hampshirehospitals.nhs.uk) (<https://www.hampshirehospitals.nhs.uk/>)

**Phone:** 01256 473202

## [Basingstoke Breast Cancer Self Help Group\\_ \(#\)](#)

**Overview and services:** A support group that meets once a month for women who have or have had breast cancer.

**Website:** [basingstokebreastcancer.org](https://www.basingstokebreastcancer.org.uk/about) (<https://www.basingstokebreastcancer.org.uk/about>)

**Email:** [basingstokebreastcancer@gmail.com](mailto:basingstokebreastcancer@gmail.com) (<mailto:basingstokebreastcancer@gmail.com>)

**Phone:** Angela: 07939 641187 or Renee: 07717 873090

## [Basingstoke Counselling Service\\_ \(#\)](#)

**Overview and services:** A mental health charity that provides affordable counselling, training and CPD in Basingstoke and the surrounding areas. The services offered reflect their goal to help the local community thrive.

**Website:** [basingstokecounselling.org.uk](https://basingstokecounselling.org.uk/) (<https://basingstokecounselling.org.uk/>)

**Email:** [info@basingstokecounselling.org.uk](mailto:info@basingstokecounselling.org.uk) (<mailto:info@basingstokecounselling.org.uk>)

**Phone:** 01256 843125

### [Basingstoke Sports Centre \(#\)](#)

**Overview and services:** A whole range of activities are available such as senior swims, exercise classes and badminton.

**Website:** [Basingstoke Sports Centre](https://www.better.org.uk/leisure-centre/basingstoke-and-newbury/basingstoke-sports-centre) (<https://www.better.org.uk/leisure-centre/basingstoke-and-newbury/basingstoke-sports-centre>)

**Phone:** 01256 326331

### [Basingstoke Voluntary Sports Council \(#\)](#)

**Overview and services:** Supports and interacts with organisations, clubs, and individuals within the local sporting community. Encouraging increased participation across activity target groups such as 50+, disabled, disadvantaged and links to local sports clubs catering for the Over 55s and needing volunteers.

**Web:** [basingstokelsc.org.uk](http://basingstokelsc.org.uk)

(<https://www.basingstokelsc.org.uk>) **Email:** [basvsc@outlook.com](mailto:basvsc@outlook.com)

(<mailto:basvsc@outlook.com>) **Phone:** Kevin Laing (Chairman) 07796491667

### [Cardiac Rehab \(Basingstoke and Alton Cardiac Rehabilitation Charity\) \(#\)](#)

**Overview and services:** A charity dedicated to helping improve heart health, fitness and wellbeing of individuals with, or at risk of developing heart disease.

**Website:** [cardiac-rehab.co.uk](http://cardiac-rehab.co.uk)

(<https://cardiac-rehab.co.uk/>) **Email:** [hearty@cardiac-rehab.co.uk](mailto:hearty@cardiac-rehab.co.uk)

(<mailto:hearty@cardiac-rehab.co.uk>) **Phone:** 01420 544794

### [Carers Together \(#\)](#)

**Overview and services:** A carer led charity that offers support for unpaid carers living anywhere in Hampshire.

**Website:** [carerstgether.org.uk](https://www.carerstgether.org.uk/) (<https://www.carerstgether.org.uk/>)

**Email:** [admin@carerstgether.org.uk](mailto:admin@carerstgether.org.uk) (<mailto:admin@carerstgether.org.uk>)

**Phone:** 01794 519495

### [Hampshire Friends with ME \(#\)](#)

**Overview and services:** A charity committed to supporting people with the condition ME/CFS, their relatives and carers. Offering on-going support, helpful information and advice to members.

**Website:** [friendswithme.org.uk \(https://www.friendswithme.org.uk/\)](https://www.friendswithme.org.uk/)

**Email:** [general\\_coordinator@friendswithme.org.uk](mailto:general_coordinator@friendswithme.org.uk)  
([mailto:general\\_coordinator@friendswithme.org.uk](mailto:general_coordinator@friendswithme.org.uk))

### [Hampshire Hospitals Palliative Care \(#\)](#)

**Overview and services:** Provides symptom control and psychological support for people with complex problems and their families.

**Website:** [Palliative Care - Hampshire Hospitals \(https://www.hampshirehospitals.nhs.uk/our-services/az-departments-and-specialties/palliative-care\)](https://www.hampshirehospitals.nhs.uk/our-services/az-departments-and-specialties/palliative-care)

**Phone:** 01256 314729

### [Headway - Basingstoke \(#\)](#)

**Overview and services:** A charity set up to give help and support to people affected by brain injury.

**Website:** [headway.org.uk \(https://www.headway.org.uk/\)](https://www.headway.org.uk/)

**Email:** [support@headwaybasingstoke.org.uk \(mailto:support@headwaybasingstoke.org.uk\)](mailto:support@headwaybasingstoke.org.uk)

**Phone:** 01256 962849

### [Health Information Point \(HiP\) \(#\)](#)

**Overview and services:** Free, confidential service providing information about medical conditions, treatments, support and healthy living.

**Website:** [Health Information Point \(HiP\) - Hampshire Hospitals \(https://www.hampshirehospitals.nhs.uk/patients-visitors/health-information-point-hip\)](https://www.hampshirehospitals.nhs.uk/patients-visitors/health-information-point-hip)

**Email:** [health.info@hhft.nhs.uk \(mailto:health.info@hhft.nhs.uk\)](mailto:health.info@hhft.nhs.uk)

**Phone:** 01256 313969

### [Basingstoke Macular Society Support Group \(#\)](#)

**Overview and services:** A group providing information and support to those with macular disease, their family and friends.

**Website:** [Macular Society Support Group \(https://www.macularsociety.org/support/support-group/local-groups/\)](https://www.macularsociety.org/support/support-group/local-groups/)

**Email:** [info@macularsociety.org \(mailto:info@macularsociety.org\)](mailto:info@macularsociety.org)

**Phone:** 0300 3030 111

### [MHA Communities Basingstoke and East Hampshire \(#\)](#)

**Overview and services:** Enabling older people to maintain their independence and live later life well. The communities group provides a whole range of support and services for older people including social activities and events, supported outings, befriending services, interest groups, signposting and other services that enable older people to remain actively involved in their local community.

**Website:** [MHA Communities Basingstoke and East Hampshire \(https://www.mha.org.uk/communities/near-me/basingstoke-east-hampshire/\)](https://www.mha.org.uk/communities/near-me/basingstoke-east-hampshire/)

**Email:** [BasingstokeandEastHampshire@mha.org.uk \(mailto:BasingstokeandEastHampshire@mha.org.uk\)](mailto:BasingstokeandEastHampshire@mha.org.uk)

**Phone:** 01256 346022

### [Options Wellbeing \(#\)](#)

**Overview and services:** Offers a range of professional and affordable counselling and wellbeing support in Southampton, Bournemouth, Hampshire and Dorset.

**Website:** [optionswellbeing.co.uk \(https://optionswellbeing.co.uk/\)](https://optionswellbeing.co.uk)

**Phone:** 023 8063 0219

### [Quit smoking with Smokefree Hampshire \(#\)](#)

**Overview and services:** Free and confidential advice.

**Website:** [smokefreehampshire.co.uk \(https://www.smokefreehampshire.co.uk/\)](https://www.smokefreehampshire.co.uk/)

**Email:** [smokefree.hampshire@nhs.net \(mailto:smokefree.hampshire@nhs.net\)](mailto:smokefree.hampshire@nhs.net)

**Phone:** 01264 563039 or 0800 772 3649

**Text:** Quit to 66777

### [Supporting you at home - Royal Voluntary Service \(#\)](#)

**Overview and services:** If you need support or company, the Royal Voluntary service can provide volunteers to visit your home, call you on the phone, help with shopping and getting you to medical appointments.

**Website:** [royalvoluntaryservice.org.uk \(https://www.royalvoluntaryservice.org.uk/\)](https://www.royalvoluntaryservice.org.uk/)

### [Tadley Elderly Day Care \(#\)](#)

**Overview and services:** Day care for the elderly, those feeling isolated and lonely and for those with conditions such as dementia and Parkinson's. Providing time off for carers, husbands, wives or family.

**Website:** [tadleyelderlydaycare.co.uk \(https://www.tadleyelderlydaycare.co.uk\)](https://www.tadleyelderlydaycare.co.uk)

**Email:** [info@tadleyelderlydaycare.co.uk \(mailto:info@tadleyelderlydaycare.co.uk\)](mailto:info@tadleyelderlydaycare.co.uk)

**Phone:** 07501 406573

### [The Kingfisher Day Centre \(#\)](#)

**Overview and services:** Is an independent charity that provides varied activities, companionship and care for elderly and vulnerable people who would like to socialise or who may need a little extra support. Dementia care is one of our specialities.

**Email:** [kingfisherdaycentre@gmail.com \(mailto:kingfisherdaycentre@gmail.com\)](mailto:kingfisherdaycentre@gmail.com)

**Phone:** 01256 893333

### [The Stroke Association \(#\)](#)

**Overview and services:** Helping to rebuild lives after stroke by offering services commissioned locally to provide a variety of support options.

**Website:** [Finding support - Stroke Association \(https://www.stroke.org.uk/finding-support\)](https://www.stroke.org.uk/finding-support)

### [Wellbeing Walks \(#\)](#)

**Overview and services:** Basingstoke Voluntary Action run Wellbeing Walks to encourage people of all ages and abilities to join regular, short walks in their own communities.

**Website:** [Wellbeing Walks - Basingstoke Voluntary Action \(https://www.bvaction.org.uk/wellbeingwalks/\)](https://www.bvaction.org.uk/wellbeingwalks/)

**Email:** [walks@bvaction.org.uk \(mailto:walks@bvaction.org.uk\)](mailto:walks@bvaction.org.uk)

**Phone:** 01256 423816

## Social activities and learning

An overview of each organisation and the services they offer in relation to social activities and learning is provided below along with contact details.

### [Adult and community learning \(#\)](#)

**Overview and services:** A full range of vocational, leisure and recreational courses are available to adults at a number of locations around the borough.

**Website:** [Adult and community learning \(HCC\)](https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning)  
(<https://www.hants.gov.uk/educationandlearning/participation-lifelong-learning/adult-tailored-learning>)

### [Aerobility \(#\)](#)

**Overview and services:** Enables disabled people, no matter what their impairment, to experience the magic of flying a light aircraft.

**Website:** [aerobility.com](https://www.aerobility.com/) (<https://www.aerobility.com/>)  
**Email:** [frontdesk@aerobility.com](mailto:frontdesk@aerobility.com) (<mailto:frontdesk@aerobility.com>)  
**Phone:** 0303 303 1230

### [Age Concern Hampshire \(#\)](#)

**Overview and services:** An independent registered charity working to support the ageing journey for the over-50s in Basingstoke and Deane and surrounding areas.

**Website:** [ageconcernhampshire.org.uk](https://www.ageconcernhampshire.org.uk/) (<https://www.ageconcernhampshire.org.uk/>)  
**Email:** [enquiries@ageconcernhampshire.org.uk](mailto:enquiries@ageconcernhampshire.org.uk)  
(<mailto:enquiries@ageconcernhampshire.org.uk>)  
**Phone:** 01962 868545

### [Anvil Arts \(#\)](#)

**Overview and services:** The largest performing arts organisation in Hampshire, which runs The Anvil, The Haymarket and The Forge in Basingstoke.

**Website:** [anvilarts.org.uk](https://www.anvilarts.org.uk/about-us) (<https://www.anvilarts.org.uk/about-us>)  
**Email:** [box.office@anvilarts.org.uk](mailto:box.office@anvilarts.org.uk) (<mailto:box.office@anvilarts.org.uk>)  
**Phone:** 01256 844244

### [Basingstoke Allotment and Leisure Gardeners' Association \(BALGA\) \(#\)](#)

**Overview and services:** A volunteer run association open to allotment holders and leisure gardeners for a small annual membership fee. It seeks to offer support, advice and discounted gardening essentials from its Trading Shed which is located at the Eastrop Allotment Site (next to the YMCA) on Sunday mornings from 10am to midday from the beginning of March until October.

**Email:** [balgatrading@aol.com](mailto:balgatrading@aol.com) (<mailto:balgatrading@aol.com>)

### [Basingstoke and Deane Community Leisure Trust \(#\)](#)

**Overview and services:** The Trust manages the Basingstoke Aquadrome, Basingstoke Golf Centre, Tadley Health and Fitness Centre and Knights Realm Adventure Golf.

**Website:** [basingstokeleisure.com \(https://www.basingstokeleisure.com/\)](https://www.basingstokeleisure.com/)

### [Basingstoke and District Beekeeping Association \(#\)](#)

**Overview and services:** To advance the education of the public and beekeepers of the importance of bees in the environment and the craft of beekeeping

**Website:** [basingstokebees.co.uk \(https://basingstokebees.co.uk/\)](https://basingstokebees.co.uk/)

**Email:** [enquiries@basingstokebees.co.uk \(mailto:enquiries@basingstokebees.co.uk\)](mailto:enquiries@basingstokebees.co.uk)

**Phone:** 07580528482

### [Basingstoke and District Model Engineering Society \(#\)](#)

**Overview and services:** 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. The society maintain and operate the miniature railway at Viables, which provides train rides for the residents of the Basingstoke area.

**Website:** [basingstoke-dmes.co.uk \(http://basingstoke-dmes.co.uk/\)](http://basingstoke-dmes.co.uk)

### [Basingstoke and District Railway Society \(#\)](#)

**Overview and services:** The society holds meetings for lectures, films, illustrated talks and other matters of interest primarily concerning railways and related topics. As and when practicable, they organise tours, trips, visits, social and other events for the benefit of members.

**Website:** [bdrs70d.com \(https://bdrs70d.com/\)](https://bdrs70d.com/)

**Email:** [secretary@bdrs70d.com \(mailto:secretary@bdrs70d.com\)](mailto:secretary@bdrs70d.com)

### [Basingstoke Astronomical Society \(#\)](#)

**Overview and services:** Promotes and encourages all aspects of astronomy.

**Website:** [basingstokeas.org.uk \(https://www.basingstokeas.org.uk/\)](https://www.basingstokeas.org.uk/)

**Email:** [Basingstokeas.org.uk@gmail.com \(mailto:Basingstokeas.org.uk@gmail.com\)](mailto:Basingstokeas.org.uk@gmail.com)

### [Basingstoke Blues Club \(#\)](#)

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

**Website:** [basingstokeblues.co.uk](https://www.basingstokeblues.co.uk/) (<https://www.basingstokeblues.co.uk/>)

### [Basingstoke Bridge Club \(#\)](#)

**Overview and services:** A friendly club offering opportunities to play as well as learn.

**Website:** [bridgewebs.com/basingstoke](https://www.bridgewebs.com/basingstoke/) (<https://www.bridgewebs.com/basingstoke/>)

**Email:** [bstokebridge.chairman@gmail.com](mailto:bstokebridge.chairman@gmail.com) (<mailto:bstokebridge.chairman@gmail.com>)

### [Basingstoke Camera Club \(#\)](#)

**Overview and services:** A group who aim to promote photography to all. The club run a varied programme of visiting speakers, competitions, practical sessions, outings, and educational activities.

**Website:** [basingstokecameraclub.co.uk](https://www.basingstokecameraclub.co.uk/about) (<https://www.basingstokecameraclub.co.uk/about>)

### [Basingstoke Chess Club \(#\)](#)

**Overview and services:** A home for chess players to meet and enjoy the game. All standards of player are welcome at the club from beginner to Grand master.

**Website:** [basingstokechessclub.co.uk](https://www.basingstokechessclub.co.uk/)

(<https://www.basingstokechessclub.co.uk/>) **Email:** [davidgrahambcs@yahoo.co.uk](mailto:davidgrahambcs@yahoo.co.uk)

(<mailto:davidgrahambcs@yahoo.co.uk>)

### [Basingstoke College of Technology \(BCoT\) \(#\)](#)

**Overview and services:** A leading further education college that offers full-time and part-time advanced technical and vocational qualifications together with apprenticeships, higher education, professional and leisure courses.

**Website:** [bcot.ac.uk](https://www.bcot.ac.uk/) (<https://www.bcot.ac.uk/>)

**Email:** [information@bcot.ac.uk](mailto:information@bcot.ac.uk) (<mailto:information@bcot.ac.uk>)

**Phone:** 01256 354141

### [Basingstoke Discovery Centre \(#\)](#)

**Overview and services:** The full range of library services is available, including books, e-books, audio books and magazines. Free use of internet ready computers and Wi-Fi. Printing and

photocopying. Activities for children and families, including Rhyme times and Story times; groups and learning for adults. Volunteering opportunities and rooms for hire.

**Website:** [hants.gov.uk/library](https://www.hants.gov.uk/library)

(<https://www.hants.gov.uk/librariesandarchives/library/libraryfinder/basingstoke-discovery-centre>)

**Phone:** 0845 6035631

### [Hampshire Harmony Ladies Choir \(#\)](#)

**Overview and services:** A vibrant, energetic and forward-looking choir singing in a wide range of genres with an exciting rolling programme of new music.

**Website:** [hampshireharmony.org](https://www.hampshireharmony.org/) (<https://www.hampshireharmony.org/>)

**Email:** [info@hampshireharmony.org](mailto:info@hampshireharmony.org) (<mailto:info@hampshireharmony.org>)

**Phone:** 07979187540

### [Basingstoke Heritage Society \(#\)](#)

**Overview and services:** An independent registered charity, founded in 1989, dedicated to making Basingstoke a better and more interesting place.

**Website:** [bas-herit-soc.org](https://www.bas-herit-soc.org/) (<https://www.bas-herit-soc.org/>)

### [Basingstoke Horticultural Society \(#\)](#)

**Overview and services:** Aims to encourage enjoyment and knowledge in horticulture, with talks and some practical demonstrations.

**Website:** [bhsociety.chessck.co.uk](https://surreyhorticulturalfederation.org/clubs/basingstoke-horticultural-society/)

(<https://surreyhorticulturalfederation.org/clubs/basingstoke-horticultural-society/>) **Phone:** 01256 466281 or 01256 324185

### [Basingstoke Irish Society \(#\)](#)

**Overview and services:** We strive to promote Irish culture and goodwill in the community and provide a common place for the Irish community to meet with a social club and members' bar.

**Website:** [basingstokeirishsociety.co.uk](https://www.basingstokeirishsociety.co.uk) (<https://www.basingstokeirishsociety.co.uk/>)

**Email:** [kathleen@basingstokeirishsociety.co.uk](mailto:kathleen@basingstokeirishsociety.co.uk)

(<mailto:kathleen@basingstokeirishsociety.co.uk>) **Phone:** 01256 353143

### [Basingstoke Male Voice Choir \(#\)](#)

**Overview and services:** The choir has been in Basingstoke for over 50 years and is always open to new members. The choir sings both traditional and modern pieces.

**Website:** [basingstokemvc.org.uk \(http://basingstokemvc.org.uk/\)](http://basingstokemvc.org.uk)

### [Basingstoke Mencap \(#\)](#)

**Overview and services:** Helping people with learning disabilities to lead better lives through leisure, social activities and meaningful occupation. Offering a safe, fun and caring environment to encourage the learning-disabled community to have a voice, keep active and achieve greater independence.

**Website:** [basingstokemencap.org.uk \(https://basingstokemencap.org.uk/\)](https://basingstokemencap.org.uk)

**Email:** [office@basingstokemencap.org.uk \(mailto:office@basingstokemencap.org.uk\)](mailto:office@basingstokemencap.org.uk)

**Phone:** 01256 423886

### [Basingstoke Shed \(#\)](#)

**Overview and services:** A place where men and women can meet to make and mend things together. The Shed aims to provide a communal workshop, a place to feel at home and pursue practical interests. Members share the tools, skills and resources they need to work on projects at their own pace and in a safe, friendly and inclusive venue.

**Website:** [basingstokeshed.org.uk \(https://basingstokeshed.org.uk/\)](https://basingstokeshed.org.uk)

**Phone:** 07434 678104

### [Basingstoke Silver Band \(#\)](#)

**Overview and services:** A vibrant, friendly and social band dedicated to creating positive experiences for all. Join the band playing regularly at community events in and around Basingstoke. Welcoming players of all ages and abilities, whether you're kicking off your musical journey, dusting off your instrument after a hiatus, or seeking a new challenge, BSB has a seat for you!

**Website:** [basingstokesilverband.square.site \(https://basingstokesilverband.square.site/\)](https://basingstokesilverband.square.site/)

**Email:** [bsbsec@hotmail.co.uk \(mailto:bsbsec@hotmail.co.uk\)](mailto:bsbsec@hotmail.co.uk)

**Facebook:** [Basingstoke Silver Band \(https://www.facebook.com/BasingstokeSilverBand/\)](https://www.facebook.com/BasingstokeSilverBand/)

### [Basingstoke Symphony Orchestra \(#\)](#)

**Overview and services:** Performs regular concerts at local venues. Musicians that play at grade 8+ standard who are looking for an orchestra should get in touch.

**Website:** [bso.org.uk \(https://www.bso.org.uk/\)](https://www.bso.org.uk/)

**Email:** [contact@bso.org.uk \(mailto:contact@bso.org.uk\)](mailto:contact@bso.org.uk)

### [Basingstoke Voluntary Action \(BVA\)\\_\(#\)](#)

**Overview and services:** 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.

**Website:** [bvaction.org.uk \(https://www.bvaction.org.uk/\)](https://www.bvaction.org.uk/)

**Email:** [contact@bvaction.org.uk \(mailto:contact@bvaction.org.uk\)](mailto:contact@bvaction.org.uk)

**Phone:** 01256 423816

### [Bluewave Korean Martial Arts \(#\)](#)

**Overview and services:** 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.

**Website:** [bluewave.org.uk \(https://bluewave.org.uk/\)](https://bluewave.org.uk/)

**Email:** [info@bluewave.org.uk \(mailto:info@bluewave.org.uk\)](mailto:info@bluewave.org.uk)

**Phone:** 0800 860 0043

### [Connect to Support Hampshire \(#\)](#)

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

**Website:** [connecttosupporthampshire.org.uk \(https://www.connecttosupporthampshire.org.uk/\)](https://www.connecttosupporthampshire.org.uk/)

### [Hatch Warren & Beggarwood Community Association \(#\)](#)

**Overview and services:** The Hatch Warren Community Centre, Beggarwood Community Centre and Café in the Park are a hub of connection and support. The community centres offers many community events, activities, clubs and groups whilst the café offers a spot to relax, connect, and enjoy some refreshments overlooking Beggarwood Park.

**Website:** [hatchwarren.org \(https://www.hatchwarren.org\)](https://www.hatchwarren.org/)

**Email:** [office@hatchwarren.org \(mailto:office@hatchwarren.org\)](mailto:office@hatchwarren.org)

**Phone:** 01256 811262

### [Libraries \(also see Basingstoke Discovery Centre\)\\_\(#\)](#)

**Overview and services:** Hampshire County Council's libraries provide far more than books. There are audiobooks, eBooks and magazines, and they host events and social activities; from knitting groups to learning computer skills. There are also rooms for hire.

**Website:** [hants.gov.uk/library\\_ \(https://www.hants.gov.uk/library/\)](https://www.hants.gov.uk/library/)

### [Lions Club of Basingstoke \(#\)](#)

**Overview and services:** A charity which organises concerts, quizzes and other events as fundraisers in support of other charities and the local community.

**Website:** [Basingstoke Lions \(https://www.basingstokelions.org.uk/index.html\)](https://www.basingstokelions.org.uk/index.html)

### [Milestones Museum \(#\)](#)

**Overview and services:** See what life was like in past Hampshire by strolling along this living museum's cobbled streets and exploring a collection of vintage vehicles. Details of events and activities being held at the museum can be viewed on their website.

**Website:** [milestonesmuseum.org.uk \(https://www.milestonesmuseum.org.uk/\)](https://www.milestonesmuseum.org.uk/)

**Email:** [milestones.museum@hampshireculturaltrust.org.uk](mailto:milestones.museum@hampshireculturaltrust.org.uk)  
(<mailto:milestones.museum@hampshireculturaltrust.org.uk>)

**Phone:** 01256 639550

### [Moose International – Basingstoke 152 \(#\)](#)

**Overview and services:** To provide a caring and sharing approach to all with fun and real socialising. Having fun and helping others at minimal cost.

**Website:** [Moose International - Basingstoke 152 \(https://www.mooseintl.org.uk/centres/basingstoke-152/\)](https://www.mooseintl.org.uk/centres/basingstoke-152/)

**Email:** [admin@mooseintl.org.uk \(mailto:admin@mooseintl.org.uk\)](mailto:admin@mooseintl.org.uk)

**Phone:** 01934 842112

### [Natural Basingstoke and local conservation groups \(#\)](#)

**Overview and services:** An umbrella conservation group supporting a number of 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.

**Website:** [naturalbasingstoke.org.uk \(http://naturalbasingstoke.org.uk/\)](http://naturalbasingstoke.org.uk/)

**Email:** [admin@naturalbasingstoke.com \(mailto:admin@naturalbasingstoke.com\)](mailto:admin@naturalbasingstoke.com)

**Facebook:** [facebook.com/naturalbasingstoke \(https://www.facebook.com/naturalbasingstoke\)](https://www.facebook.com/naturalbasingstoke)

### [North Hampshire Wine Society \(#\)](#)

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

**Website:** [binendum.org.uk \(https://www.binendum.org.uk/\)](https://www.binendum.org.uk/)

**Email:** [secretary@north-hampshire-wine-society.org.uk \(mailto:secretary@north-hampshire-wine-society.org.uk\)](mailto:secretary@north-hampshire-wine-society.org.uk)

### [Oakley Camera Club \(#\)](#)

**Overview and services:** A small friendly club with members from a range of age groups and abilities. New members are always welcome.

**Website:** [oakleycameraclub.weebly.com \(https://oakleycameraclub.weebly.com/\)](https://oakleycameraclub.weebly.com/)

**Get in touch:** [Contact us \(https://oakleycameraclub.weebly.com/contact-uslocation.html\)](https://oakleycameraclub.weebly.com/contact-uslocation.html)

### [Parability Basingstoke \(#\)](#)

**Overview and services:** Through its services Parability aims to help create an inclusive society which is without discrimination or barriers. Offering support where possible to anyone who may be facing inequality of any kind.

**Facebook:** [facebook.com/Parability.Basingstoke \(https://www.facebook.com/Parability.Basingstoke\)](https://www.facebook.com/Parability.Basingstoke)

**Phone:** 07982 925709

### [QM Leisure \(#\)](#)

**Overview and services:** Offers a range of activities for the local community at Queen Mary's College, including Central Studio theatre, events, exercise classes and swimming sessions.

**Website:** [qmleisure.co.uk \(https://www.qmleisure.co.uk/\)](https://www.qmleisure.co.uk/)

**Email:** [community@qmc.ac.uk \(mailto:community@qmc.ac.uk\)](mailto:community@qmc.ac.uk)

**Phone:** 01256 418318

### [Rotary Club of Basingstoke \(#\)](#)

**Overview and services:** Social activities and fundraising organisation.

**Website:** [Rotary Club of Basingstoke \(https://www.rotary-ribi.org/clubs/homepage.php?ClubID=642\)](https://www.rotary-ribi.org/clubs/homepage.php?ClubID=642)

### [Rotary Club of Loddon Vale \(#\)](#)

**Overview and services:** A friendly group of people from a variety of backgrounds involved in local community fundraising and events who want to improve the lives of people both locally and around the world.

**Website:** [Rotary Club of Loddon Vale \(https://www.rotary-ribi.org/clubs/homepage.php?ClubID=549\)](https://www.rotary-ribi.org/clubs/homepage.php?ClubID=549)

### [RSPB Basingstoke Local Group \(#\)](#)

**Overview and services:** The group welcomes anyone who is interested in birds, 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.

**Website:** [group.rspb.org.uk/basingstoke \(https://group.rspb.org.uk/basingstoke/\)](https://group.rspb.org.uk/basingstoke/)

**Email:** [RSPBBasingstoke@gmail.com \(mailto:RSPBBasingstoke@gmail.com\)](mailto:RSPBBasingstoke@gmail.com)

### [Sports clubs across Hampshire and the Isle of Wight \(#\)](#)

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

**Website:** [energiseme.org \(https://www.energiseme.org/\)](https://www.energiseme.org/)

### [The Carnival Hall Dance Club \(#\)](#)

**Overview and services:** A friendly club enjoying ballroom, Latin and sequence dances along with a cup of tea/coffee and a biscuit during the afternoon. All welcome from beginners through to experts, but they do not provide any teaching.

**Facebook:** [Basingstoke Carnival Hall Dance Club | Facebook \(https://www.facebook.com/events/1005863047307517/?active\\_tab=about\)](https://www.facebook.com/events/1005863047307517/?active_tab=about)

**Phone:** 07890028669

### [U3A \(University of the Third Age\) \(#\)](#)

**Overview and services:** 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 them to enjoy yourself, make new friends and develop your interests.

**Website:** [basingstokeu3a.org](https://www.basingstokeu3a.org)

[\(https://www.basingstokeu3a.org/\)](https://www.basingstokeu3a.org) **Email:** [membership2@basingstokeu3a.org](mailto:membership2@basingstokeu3a.org)

<mailto:membership2@basingstokeu3a.org>)

### [Viabes Memory Club \(#\)](#)

**Overview and services:** A weekly club which provides people with dementia the opportunity to participate in a wide range of activities that will encourage and engage thought processes and activate physical movement for greater health and wellbeing. It offers carers and families a little respite when their loved one use the service and creates a routine for members to follow, adding consistency and stability.

**Website:** [Viabes Community Association - Memory Club \(http://www.viabes.org.uk/index.cfm?fuseaction=126.1755&tab=126&formaction=CMSPage\)](http://www.viabes.org.uk/index.cfm?fuseaction=126.1755&tab=126&formaction=CMSPage)

**Email:** [office@viabes.org.uk \(mailto:office@viabes.org.uk\)](mailto:office@viabes.org.uk)

**Phone:** 01256 473634

### [Vue Cinema \(#\)](#)

**Website:** [Vue Cinema Listings and Latest Movies \(https://www.myvue.com/\)](https://www.myvue.com/)

### [Whitchurch Association and the Gill Nethercott Centre \(#\)](#)

**Overview and services:** There are a number of activities held at the centre suitable for all age groups, including those over 55.

**Website:** [gillnethercottcentre.org.uk \(https://gillnethercottcentre.org.uk/\)](https://gillnethercottcentre.org.uk/)

**Phone:** 01256 896270

### [Willis Museum and Sainsbury Gallery \(#\)](#)

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

**Website:** [Willis Museum and Sainsbury Gallery \(https://www.hampshireculture.org.uk/willis-museum-and-sainsbury-gallery\)](https://www.hampshireculture.org.uk/willis-museum-and-sainsbury-gallery)

**Phone:** 01256 465902

## Transport

An overview of each organisation and the services they offer in relation to transport is provided below along with contact details.

### [Basingstoke and Deane Community Transport \(#\)](#)

View some community transport options for when standard transport does not meet your needs.

**Website:** [Basingstoke and Deane Community Transport](https://www.basingstoke.gov.uk/community-transport)  
(<https://www.basingstoke.gov.uk/community-transport>)

### [Basingstoke Community Transport \(#\)](#)

**Overview and services:** For older people that don't have a car, have poor mobility, and find it difficult to use public transport or that live in rural areas with poor transport links.

**Website:** [bct.me.uk](https://bct.me.uk/) (<https://bct.me.uk/>)

**Get in touch:** [Contact us form on the website](https://bct.me.uk/contact-us/) (<https://bct.me.uk/contact-us/>)

**Phone:** 01256 320501

### [Basingstoke NeighbourCare \(#\)](#)

**Overview and services:** Supporting independence in older people through our services including transport for trips, shopping, appointments and events.

**Website:** [neighbourcare.com](https://www.neighbourcare.com/) (<https://www.neighbourcare.com/>)

**Email:** [info@neighbourcare.com](mailto:info@neighbourcare.com) (<mailto:info@neighbourcare.com>)

**Phone:** 01256 423855 for Car Transport

### [Connect Dial-a-Ride Basingstoke \(#\)](#)

**Overview and services:** A bookable minibus service, for anyone whose access needs are not met by public transport services. The services are designed to be accessible for everyone, so you do not need to be registered disabled or use mobility aids to be eligible.

**Website:** [Connect Dial-a-Ride Basingstoke \(Community First\)](https://www.cfirst.org.uk/community-transport/call-go-and-dial-a-ride/dial-a-ride-basingstoke/)

(<https://www.cfirst.org.uk/community-transport/call-go-and-dial-a-ride/dial-a-ride-basingstoke/>)

**Email:** [BasingstokeTransport@cfirst.org.uk](mailto:BasingstokeTransport@cfirst.org.uk) (<mailto:BasingstokeTransport@cfirst.org.uk>)

**Phone:** 01256 574401

### [Stagecoach \(#\)](#)

**Overview and services:** Local bus service operator.

**Website:** [stagecoachbus.com](https://www.stagecoachbus.com/) (<https://www.stagecoachbus.com/>)

**Phone:** 0345 241 8000

### [Supporting you at home - Royal Voluntary Service \(#\)](#)

**Overview and services:** Provides volunteers to visit your home, call you on the phone, help with shopping and getting you to medical appointments.

**Website:** [royalvoluntaryservice.org.uk \(https://www.royalvoluntaryservice.org.uk/\)](https://www.royalvoluntaryservice.org.uk/)

## Disabilities

An overview of each organisation and the services they offer in relation to disabilities is provided below along with contact details.

### [Access 4 All Group Basingstoke and Deane \(#\)](#)

**Overview and services:** Made up of people with various disabilities who all want to contribute to improving things for local people. Access 4 All meet monthly, with the support of the council, and liaise with local organisations and businesses and make visits to local buildings and environments to advise on good practices.

**Facebook:** [facebook.com/groups/a4agbd \(https://www.facebook.com/groups/a4agbd\)](https://www.facebook.com/groups/a4agbd)

### [Audley's Day Centre \(#\)](#)

**Overview and services:** Provides day centre resources for learning disability and physical disability.

**Website:** [Audley's Day Centre \(HCC\)](#)

[\(https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/care-homes/audleysdaycentre\)](https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/care-homes/audleysdaycentre)

**Phone:** 01256 326404

### [Basingstoke and Deane Borough Council assisted refuse collection \(#\)](#)

**Overview and services:** We provide an assisted collection for residents who are unable to put their bin out for collection due to disability or infirmity.

**Website:** [Apply for an assisted bin collection \(https://www.basingstoke.gov.uk/assisted-bin-collection-service\)](https://www.basingstoke.gov.uk/assisted-bin-collection-service)

**Phone:** 01256 844844

### [Basingstoke and District Disability Forum \(#\)](#)

**Overview and services:** Offers support for anyone affected by disability within the local community, including disabled people and their carers, fellow disability charities and local businesses looking to be accessible and inclusive.

**Website:** [bddf.org.uk \(https://www.bddf.org.uk/\)](https://www.bddf.org.uk/)

**Email:** [office@bddf.org.uk \(mailto:office@bddf.org.uk\)](mailto:office@bddf.org.uk)

**Phone:** 01256 423869

### [Basingstoke Community Radio \(#\)](#)

**Overview and services:** A completely independent, not for profit organisation produced and presented by local people, for local people. Broadcasting 24/7 online, smart devices and on DAB+ in and around Basingstoke.

**Website:** [basingstokecommunityradio.org.uk](https://basingstokecommunityradio.org.uk) (<https://basingstokecommunityradio.org.uk/>)

**Email:** [info@basingstokecommunityradio.org.uk](mailto:info@basingstokecommunityradio.org.uk)  
(<mailto:info@basingstokecommunityradio.org.uk>)

**Phone:** 01256 533987

### [Connect to Support Hampshire \(#\)](#)

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

**Website:** [connecttosupporthampshire.org.uk](https://www.connecttosupporthampshire.org.uk) (<https://www.connecttosupporthampshire.org.uk/>)

### [Libraries - also see Basingstoke Discovery Centre \(#\)](#)

**Overview and 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:** [Accessibility in Libraries Hampshire County Council](https://www.hants.gov.uk/librariesandarchives/library/services/access-for-all/accessibility-in-libraries)  
(<https://www.hants.gov.uk/librariesandarchives/library/services/access-for-all/accessibility-in-libraries>)

### [Remap Basingstoke \(#\)](#)

**Overview and services:** The UK's only charity providing custom-made equipment, free of charge for people with disabilities.

**Website:** [remap.org.uk](https://remap.org.uk) (<https://remap.org.uk/>)

**Email:** [data@remap.org.uk](mailto:data@remap.org.uk) (<mailto:data@remap.org.uk>)

**Phone:** 01732 760209

### [Shopmobility Basingstoke \(#\)](#)

**Overview and services:** A national scheme for supporting people with restricted mobility, whether temporary or otherwise. They hire out powered scooters, electrical and manual

wheelchairs and stroller/walking frames, to improve access around the town centre and local facilities.

**Website:** [shopmobilityuk.org\\_\(https://www.shopmobilityuk.org/centres/view/basingstoke/\)](https://www.shopmobilityuk.org/centres/view/basingstoke/)

**Phone:** 01256 476 066

### [The British Polio Fellowship \(#\)](#)

**Overview and services:** Supporting and empowering people living with the effects of Polio and post-polio syndrome (PPS).

**Website:** [britishpolio.org.uk \(https://www.britishpolio.org.uk/\)](https://www.britishpolio.org.uk/)

**Email:** [info@britishpolio.org.uk \(mailto:info@britishpolio.org.uk\)](mailto:info@britishpolio.org.uk)

**Phone:** 0800 043 1935

### [Thrive \(#\)](#)

**Overview and services:** Thrive are passionate about the health benefits that gardening, horticulture and spending time in nature can bring. Using social and therapeutic horticulture and gardening to help individuals at their Centre in Beech Hill, outside Reading.

A new app, [Cultivating Wellbeing \(https://www.thrive.org.uk/cultivatingwellbeing\)](https://www.thrive.org.uk/cultivatingwellbeing) is available to help you garden your way to better health. Available to download from the Apple App store or Google Play store.

**Website:** [thrive.org.uk \(https://www.thrive.org.uk/\)](https://www.thrive.org.uk/)

**Email:** [info@thrive.org.uk \(mailto:Info@thrive.org.uk\)](mailto:info@thrive.org.uk)

**Phone:** 0118 988 5688