

ODIHAM WELL-BEING DIRECTORY



2016

Taking part in the community & keeping active

Information on Clubs & Organisations
including details of where to get help and advice for the Over 55's in Odiham

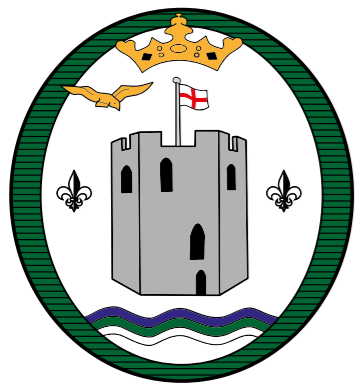
3RD EDITION - 2016

This Directory is produced under the auspices of the Odiham Voluntary Care Group and the Odiham Over 55's Well-Being Forum. It contains information on clubs and organisations and also details of where to get help and advice.

The Forum, which meets quarterly, comprises representatives from a wide range of local organisations and from Hampshire Adult Services, Hart District, and the Parish Council. The Forum's objective is to improve the information and services available to those aged 55 or over who live in Odiham. This Directory provides information on clubs and activities to enable older people to be more active and to take part in the community. If you are interested in an activity, club or organisation telephone the person nominated as the contact. The Directory also seeks to make older people aware of how to get personal help and advice.

*There is a continuing need for volunteers, especially for organisations providing care in the community.
If you are not already involved, how about starting now?*

This publication is sponsored by: Odiham Parish Council - Hampshire & Isle of Wight Community Foundation
Trustees of Odiham Consolidated Charities - Trustees of Odiham Cottage Hospital



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Where to obtain copies of this document:

Copies are available at Odiham Library, Parish Council Offices, The Vine Church, All Saints Church, Odiham Cottage Hospital, Village Agents, The Optician, Odiham Post Office, Lloyds Pharmacy, The Dress Agency, Odiham Health Centre and at the monthly meetings of the U3A.

The information in this document is correct at the time of publication. There may be future issues and the points of contact should provide any changes by email to David Woodward - dwoodward@btinternet.com or telephone 01256 702712. Organisations wishing to be included in future issues should also email or phone David.

CONTENTS

Organisations Serving the Community	3
Social Activities	4
Keeping Fit & Sport	5
Interest Groups	7
Dance	10
Women's Organisations	10
Games	11
Film, Drama & Music	11
Care in the Community	12
Personal Help & Advice	15
Help with Gardening & Minor Home Repairs	16
Can You Help?	17
Useful Telephone Numbers	17

ORGANISATIONS SERVING THE COMMUNITY

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Rotary Club of Odiham & Hook	Raven Hotel, Hook	Weekly	Tuesday - 7.00 for 7.30pm <i>Dinner / Social and often a speaker</i>	Variable
The club covers Odiham and Hook and the surrounding villages. Membership is open to men and women of all ages and all walks of life who share a common aim to give something back to the community and to have fun. The objective of Rotary is "Service above Self". We raise funds in various ways and at Christmas time we provide a sleigh for Father Christmas when he calls on houses in the area. Funds raised go to support youngsters, schools, organisations and charities both local, national and international. We enjoy a great deal of fellowship while working together to improve the lives of others. Cost is variable depending on your level of involvement.				
If you would like to know more, help or wish to join, contact the Secretary - Graham Woodhouse on 01256 701937 or visit www.odihamandhookrotary.co.uk				
Hook & Odiham Lions Club	Raven Hotel Station Road, Hook	Monthly	3rd Monday	Variable
Hook & Odiham Lions Club is part of Lions International, the largest voluntary organisation in the world. 100% of the money the Club raises from the public is spent on community projects and other good causes. The Club raises funds locally by holding public events such as Duck Races, Quiz Nights, Santa Street Visits and similar events. In some cases fund raising is targeted at specific causes, others for general/local good causes. Club administration is funded through membership subscription and internal events. The Club organises and enjoys an active and varied social programme for its members throughout the year.				
Those interested in supporting / joining Lions are invited to visit www.hookandodihamlions.org.uk . or call 07817 886 002 - leave a message and they will reply.				
Fleet Lions Club Community Store	off Basingbourne Road Fleet	Weekdays	Monday - Thursday: 10am - 4pm Friday 10.30am - 4pm	None
Our mission is to recycle furniture, redundant household goods, appliances, clothing, etc to benefit genuinely needy people in the area we serve and thereby reduce unnecessary waste to the advantage of the environment. At the same time we provide valuable work experience and skills' development for many of our all volunteer workforce. All the people we help are referred to us by their social workers or other supporting organisations as being in genuine need. Every month we receive over 500 requests for household items. We urgently need more furniture, bedding and clothes and especially "white goods" (washing machines, fridges, fridge/freezers, electric cookers). If you have any suitable items we will collect them at a time to suit you. Naturally there are some things we are unable to accept, due to legal, storage, handling or insurance requirements.				
The website address is www.communitystore.org.uk , email address is admin@communitystore.org.uk . If you do have something to donate or wish to help please call us on 01252 616998				
Neighbourhood Watch - Occasional meetings held with Beat Team - Dates and times advised by email & village notice board				
There are three main aims of Neighbourhood Watch. First to enable residents to reduce opportunities for crime and make it more difficult for the would-be thief, vandal or criminal to act in their neighbourhood. Second to build a community spirit so that neighbours can work together for everybody's benefit. Third to pass on information to the police about any suspicious incidents occurring in their neighbourhood.				
If you would like to help or wish to know more please contact Sally Tunstell 01256 701805 sally.tunstell@btinternet.com				
Odiham Twinning Association				
Twining aims to foster a better understanding of other countries and their customs through individual and group exchanges. Odiham has been twinned with Sourdeval in France since 1993. We have attracted members from a wide spectrum of age, occupation, background and interests and have forged new friendships, not only with our French twin town, but within our own community. We are a friendly group who meet several times during the year for social events such as petanque, quizzes, meals and pig racing. These events raise funds which we use when we host French families during the twinning weekends. All aspects of the Twining Association are self funded. Membership is £10 per year and open to anyone from our area who is interested in international friendship and all members have the opportunity to take part in the weekend exchange visits which are organised by the committee. We travel to Sordeval by coach and ferry. We pay our own travel costs but accommodation and food etc are provided by our hosts. It is usual but not essential to offer return hospitality when they visit us. Contact can be arranged between local organisations and their counterparts in our twin town.				
Contact info@twining.co.uk or visit www.twining.co.uk				

SOCIAL ACTIVITIES

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham Lunch Club Twofold Trust	Cross Barn, Odiham	Weekly	Thursdays 10.30 to 1pm	£5

Older residents of Odiham, Long Sutton and North and South Warnborough can enjoy a freshly prepared lunch plus tea and coffee, in a friendly and welcoming setting. All meals are produced on site and there is a different menu each week. Membership is by annual subscription of £5 and members should be mobile as transport is provided by volunteer drivers.

To learn more or make a booking contact Shirley Young on 01256 862510

Brendoncare Hartley Wintney Good Friends	The Baptist Church Hall High Street, Hartley Wintney RG27 8NY	Twice a month	1st and 3rd Tuesday 2pm to 4pm	£4 per meeting
Brendoncare Fleet & Crookham Welcome Club	Catholic Church of Our Lady, Kings Road, Fleet GU51 3ST	Weekly Club	Wednesday 2pm to 4pm	£4 per meeting
Brendoncare Thursday Luncheon Club	Church Crookham Community Centre, Naishes Lane, Church Crookham GU52 8AQ	Weekly Club	Thursday 10.30am to 2.30pm	£4 plus lunch
Fleet Weekend Club	All Saints Parish Community Centre Church Hall, Fleet GU51 4NB	Weekly Club	Saturday 10.30am to 12.30pm	£2.50 per meeting
Fleet Summer Club	Venue to be confirmed, please call for details	August only	Please call for details	£4 per meeting

Brendoncare's social clubs are devoted to giving older people the opportunity to meet new friends and enjoy each other's company. Members enjoy a variety of guest speakers, entertainers, club outings and games or quizzes. Refreshments are available, and a warm welcome is always guaranteed!

All of Brendoncare's clubs are run by teams of volunteers, with support from Brendoncare staff. If you would like to volunteer or become a member at one of our clubs, please contact Norma on 01962 857099 or visit www.brendoncare.org.uk/clubs

Monday Lunch Club	Odiham Cottage Hospital	Fortnightly	First and Third Monday 12 noon to 3pm	£6
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Members enjoy coming out for a nutritious home cooked lunch (and maybe a glass of wine!), shared in the company of other local residents. Members enjoy meeting old and new friends for a chat with talks and occasional entertainment provided. All are welcome.

Contact Lynne Ewing 01256 393604. Transport can be available from Odiham Voluntary Care Group on 07551 587862

Hart Voluntary Action (HVA)	Civic Offices, Fleet	Daily	Monday - Friday 9am - 4.30pm	Free advice & help
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Hart Voluntary Action is an umbrella organisation for voluntary groups in Hart. If you cannot find a suitable club or social activity in Odiham, then why not contact us for details of what else might be available locally. If you are from a local group which needs support, such as funding advice or help with developing a new service, then do get in touch, as we have a community development worker who helps with advice and support. Perhaps you would be more interested in volunteering your time to help other people or the local environment? If so we have a Volunteer Centre which matches volunteers to local organisations who are looking for voluntary help. Other services run from Hart Voluntary Action are: Hart Health Walks - Health walks are aimed at anyone who would like to walk at a gentle pace in a safe and social setting; Minding the Garden - a gardening service for elderly garden owners to help get their gardens back into shape and Sunshine and Showers - group support for adults of all ages who have depression or anxiety, which operates on a weekly basis from Odiham Cottage Hospital.

E-mail info@hartvolaction.org.uk, web-site: www.hartvolaction.org.uk, Tel: 01252 815652

SOCIAL ACTIVITIES - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham Society (Talks, Displays, Archives and Christmas Dinners)	Usually in the Cross Barn, Odiham	See website and posters	See website and posters	Free or nominal charge

The Society welcomes new members and visitors and seeks to include everyone with an interest in history and heritage. It aims to pass on Odiham's history through stimulating journals published twice each year and delivered to members. Talks and open days are open to all and help with research is always appreciated. Enthusiasts and beginners are welcome to join in projects such as the Odiham Embroidery.

Contact details and other information may be found on the website www.odiham-society.org or telephone Vice Chairman Barbara Igra on 01256 704912

KEEPING FIT & SPORT

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Chair Yoga Subject to availability	Palace Gate, Odiham	Weekly	Tuesday 10am - 11am	£3 per session

We focus on basic stretches and strengthening movements, both seated and standing, which help to improve flexibility, strength and balance. Breathing exercises, improved posture and body awareness, can all help create a positive mental attitude through feeling better and social contact. We always finish with tea and biscuits and a chat.

Contact Kathy Venus (British Wheel of Yoga Teacher) on 01256 702484

Pilates (U3A) Subject to availability	Cross Barn, Odiham	Weekly	Mon 1.45 for 2pm to 3pm Tues 3.30 for 3.45 to 4.45 pm 1 hour session - 12 week term	Varies approx.. £5.50 per session - payable termly in advance
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Pilates is a gentle and effective form of exercise that can be practised by people of all ages and physical capabilities. It can be described as a body control technique that focuses on the key postural muscles to help improve strength, flexibility, mobility and body alignment. Participants use their own body weight to create resistance and move in a controlled manner to the tempo of their own breathing pattern.

Contact Christine Woodward 01256 702712 - pilates@odihamu3a.org.uk

Yoga (Kathy Venus) (U3A) Subject to availability	Odiham Health Centre	Weekly	Wednesday 3.15 for 3.30 until 4.30	£5.50 per session payable termly in advance
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Yoga is an ancient practice that aims to bring into balance the body, mind and spirit through gentle stretching and strengthening postures (asana), breathing and relaxation techniques. This helps to improve general health and a sense of wellbeing. You are never too old to practice yoga and the classes are taken at a relaxed pace with students having the option to practice seated in a chair, standing or using a chair to balance or floor work if appropriate. There are different ways of using yoga whether to lift the spirits, improve flexibility or to calm the mind.. You can take from it whatever you find useful and enjoy a new way of finding better health.

Contact Kathy (British Wheel of Yoga Teacher) on 01256 702484

Yoga (Fiona Wells)	Winchfield Village Hall	Daily	Various over 3 terms 10 weeks per term	£65 per term
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My yoga classes in Winchfield are for all ages and levels of ability. You don't have to be flexible or strong - just willing. Each person works to his or her ability within the yoga class. There are classes nearly every day so please contact me for more details of dates and times. There is always the possibility to try a class for free before joining for the whole term.

Contact Fiona Wells (British Wheel of Yoga Teacher) on 01256 761353 / itswells@hotmail.com / www.fionawellsyoga.com

Walking for Pleasure (U3A) Subject to availability	Varies - usually within 30min drive of Odiham	Monthly	Either a Mon, Tues or Thurs morning into afternoon	Free
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We walk for between 4 and 6 miles starting and ending at a pub. We walk at a relaxed pace through most attractive countryside, sometimes visiting country churches en route. Dogs are welcome and non walking partners sometimes join us for lunch. We aim to combine fresh air and exercise with convivial walking and good food.

Contact Francis on 01256 703366. Details of Odiham District U3a's guided walks programme are on the website www.odihamu3a.org.uk

KEEPING FIT & SPORT - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Hart Health Walks	Parish Room, Odiham	Weekly	Thursday 1.45pm	Free

Health walks are aimed at anyone who would like to walk at a gentle pace in a safe and social environment. We especially encourage people who may be rehabilitating after an illness who would like to begin to take gentle exercise or who feel they would like to meet people. The main walks are approximately 50-60 minutes long, are led by trained Volunteer Walk Leaders, require no specialist walking clothes other than stout shoes and everyone can walk at their own pace. At the end of the walk there are refreshments and a chance for a chat. Other walks take place on Mondays in Hook, Tuesdays in Crookham Village (a short 30-40 minute walk is also available), Wednesdays in Yateley, Fridays in Hartley Wintney and every 2nd Wednesday of the month in Fleet.

Contact Karen on 01252 815652

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Hart Leisure Centre	Hitches Lane, Fleet	Daily	Weekdays and weekends	From £2

Hart Leisure Centre offers a wide variety of sports for the 50 plus. The Centre's Matinee Club meets every Wednesday afternoon from 1.30pm - 4.30pm. Activities include badminton, short tennis, racquet ball, table tennis and swimming. New members are always welcome. The Centre also hosts an over 60's social club every Wednesday from 2pm - 4pm for those who prefer a less physical activity such as bingo, bridge or board games. Both Hart Leisure Centre in Fleet and Frogmore Leisure Centre at Yateley offer reduced prices to all over 50's on activities such as aerobics, racquet sports and the gym.

Contact Hart Leisure Centre in Fleet on 01252 629974 or Frogmore Leisure Centre in Yateley on 01252 873454. Website: www.threesixfive.org.uk

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Hartley Wintney Golf Club	Golf Club	Daily	Weekdays and weekends	See below

The Golf Club has over 100 seniors. Visitors are most welcome and the green fee is £38. The 5 day weekday membership rate for a full year is £960 per annum (2015/16) You can join the social club for £95/year for age 65 and over (£50 of this is credit to be spent at the club and is non-returnable). The social club holds activities and lunches. There is no waiting list for golf or social club.

Contact the secretary, Paul Gaylor, on 01252 844211

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham & N Warnborough Bowling Club	Buryfields, Odiham RG29 1NE	Daily	Weekdays and weekends	£90 per year

Open most weekdays and weekends throughout the year. New members, experienced or novices, are always welcome. Members can play outdoor green bowls from April to September and indoor shortmat bowls from October to March. Good company and good exercise guaranteed! Tuition and on-going coaching is available for novice bowlers. All levels of play and competition are available from club roll-ups, inter-club friendly games, local leagues and County competitions. The Club has an active social side with quizzes, etc. Annual subscription running from Jan to Dec is currently £90. and we have a reduced subscription of £60 for shortmat only

Contact the Secretary on 01252 624373 or visit www.odihamandnorthwarnboroughbowlingclub.org.uk

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham Tennis Club	Chamberlain Gardens Odiham	Various times	See below	£62 pa (Ind) £104 pa (Joint) £133 (Family)

Member sessions - Adult sessions: Tuesday pm, Thursday pm and Sunday am. Coaching Saturdays all day & Tuesday pm. Free Play available at other times. Non-members can book a court via the Odiham Parish Clerk - 01256 702716.

Contact OTC Club Secretary Lesley Lee on 01256 703292 website www.odihamtenniscub.org.uk

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham U3A Tennis Club	Chamberlain Gardens Odiham	Monthly	10am - 12 noon	£1 - £2

Open to all U3A members.

Contact www.odihamu3a.org.uk

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Indoor Bowls (U3A) Subject to availability	Odiham and NW Bowling Club off Buryfields	Fortnightly	Monday 2pm - 4pm	£3 plus cost of tea

We have the use of two short mat bowling areas within the Bowls Club and enjoy some informal games with a break for tea. New participants are introduced to the rudiments of the game and all equipment including bowls is available at the Club. You will need footwear without heels - trainers are fine.

Contact Derek Spruce on 01256 702026 or look at www.odihamu3a.org.uk

KEEPING FIT & SPORT - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham & Greywell Cricket Club (OGCC)				

Odiham and Greywell Cricket Club is one of the oldest cricket clubs in the country and celebrated its 250th anniversary in 2014. We are a vibrant and friendly club. We welcome visitors and new members, playing or social. Our ground is on King Street in Odiham where we have a terrific clubhouse, facilities and a CAMRA award winning bar offering a fantastic range of beers. We run 3 adult Hampshire league teams on Saturdays, a Women's team, friendlies on Sundays and have a junior playing membership of over 200 boys and girls playing in teams from Under 9 to Under 15. Training and coaching is available outdoors in summer and indoors during the winter.

For further information and contacts see www.odihamandgreywell.play-cricket.com or www.odiham-greywell.cc

INTEREST GROUPS

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
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N Warnborough & District Garden Club	North Warnborough Village Hall	Monthly	4th Thursday 2.30pm for approx 2 hours	£12.00/year
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Club members usually meet on the fourth Thursday of each month at 2.10 pm for a 2.30 pm start. At these monthly meetings there is a talk by a guest speaker and during the growing season there is a plant stall starting at 2.10 pm. The club organises an annual outing to a variety of gardens for members and guests. Visitors (£2 per visit) are always welcome to attend the monthly meetings. We are a friendly club whose members share an enthusiasm for gardens and gardening.

For further information please telephone 01252 843848

University of the Third Age (U3A)	Cross Barn	Monthly	1st Wednesday 10am for 10.30am start - 12 noon	£15.00/year
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The Odiham District of U3A has grown very rapidly to over 300 members to become a vibrant friendly hub for the community. U3A is run by its members for its members. It draws on the range of skills and expertise held by those no longer in full time work to create a large number of activities and clubs. At the monthly general meetings there is a social time for coffee before an invited speaker gives a talk. General information is also given about group activities and outings. Clubs include Considering Art, Creative Writing, Current Affairs, History, Family History, Indoor Bowls, Ladies who Lunch, Mah Jong, Music Appreciation, Pilates, Poetry, Science and Technology, Singing Barbershop, Walking for Pleasure and Wine Appreciation. Nearly all club meetings are held in halls in Odiham or North Warnborough.

Contact Noreen on 01256 703468 or visit the website at www.odihamu3a.org.uk

Science & Technology (U3A) Subject to availability	Cross Barn	Monthly	3rd Wednesday 10am to noon	£1.50 per session
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The group runs a programme of monthly events and visits. Talks are usually given by an outside speaker. We cover a range of topics in natural science and technology, concentrating on areas of current interest but with a few fun topics for light relief.

Contact Chris Clark 01256 701563 or scienceandtechnology@odihamu3a.org.uk

Considering Art Group (U3A) Subject to availability	Dorothy Owen Room	Monthly	4th Wednesday 10am to noon	£2
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Our group has been running for a little while and has surveyed various elements and themes of western art from Giotto to British and European artists of the twentieth century. Currently we are embarked on a more leisurely and in depth view of works of art - individual paintings and some sculpture. Our reference is to professionally produced DVD material - not having an expert amongst us - but we follow our inclinations and take diversions when we feel like it. Includes tea and coffee break of course.

Contact Noreen Quarrell 01256 703468 or Maggie Sheppard 01256 701363 or email art@odihamu3a.org.uk

INTEREST GROUPS - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Arts & Crafts (U3A) Subject to availability	North Warnborough Village Hall	2 days each month	2nd and 4th Tuesday 2 pm to 4 pm	£2.50 varies
We run modules of various lengths to introduce the group to a new craft or revisit and earlier one. Suggestions for topics are invited from members and the leaders for each module are usually U3A members. We are surprised at the ease of a craft once we are shown how and we are amazed at what we produce!. We have a lot of fun learning and helping each other and also enjoy occasional outings. The numbers each session vary but the average is about 14. Ask to join our mailing list and then choose a craft you fancy. We are a very friendly group.				
Contact Linda Saunders 01256 702325 artsandcrafts@odihamu3a.org.uk				
Wine Appreciation (U3A) Subject to availability	Dorothy Owen Room	Monthly	Group 1 4th Thursday Group 2 2nd Tuesday	£6 per meeting payable termly
Our two groups operate separately but function in exactly the same way. A group member or pair presents 6 wines and a guest wine of their choice at the meeting. We try to taste different wines and discover new ones at reasonable prices. The main idea is to enjoy the experience! All evenings are light hearted and we have the opportunity to sample some wonderful award winning wines.				
Thursday Group Contact Suzanne Lucas 01256 702382 / Tuesday Group Contact Bob Venus 01256 702484 wine@odihamu3a.org.uk				
Poetry (U3A) Subject to availability	Group Leader's Home	Monthly	2nd Monday 10am to 12 noon	50p
Each month the group decides the poet or theme to be discussed at the next meeting. One member then agrees to research the biographical details and lead the meeting. Members bring along three or four poems to read. Understanding the background of the poet allows a greater appreciation of the work.				
Contact Pat Wallis on 01256 703017 or look at www.odihamu3a.org.uk				
Book Group (U3A) Subject to availability	Member's Home	Monthly	3rd Monday 2.30pm to 4.30pm	50p / session
The group reads and discusses contemporary fiction, often including books which have won various literary awards such as the Man Booker Prize, the Pulitzer Prize, the Women's Prize for Fiction etc. Members are encouraged to suggest books which will extend our experience of different authors and which will provoke lively discussion. They are also asked to research their chosen author and to tell the group a little about him/her before the start of the main discussion. Members supply their own books from libraries, bookshops or their own e-readers.				
Contact Kathy Venus 01256 702484 or go to www.odihamu3a.org.uk				
History Group (U3A) Subject to availability	Dorothy Owen Room	Monthly	Third Thursday 10am to 12 noon	£1.50
The group runs as a discussion group led by its members. A topic or theme for a number of sessions is chosen by the group and individuals then volunteer to research and present a 10 minute talk on an aspect of the topic. Three or four subjects are presented during each session allowing plenty of time for discussion.				
Contact Derek Spruce on 01256 702026 or go to www.odihamu3a.org.uk				
Current Affairs (U3A) Subject to availability	Dorothy Owen Room	Monthly	Fourth Friday 10am to 12 noon	£1.50
A group member introduces the background to a topic which is then discussed by the group. The second part of the meeting is 'open' for members to raise any issue of immediate interest that they would like discussed. Some members enjoy researching topics for discussion while others prefer to just join in the discussion.				
Contact Mike Pullan 01256 702797 or current@odihamu3a.org.uk				
Creative Writing (U3A) Subject to availability	Group Leader's Home	Fortnightly	Wednesdays 2pm	50p
Creative Writing is an informal self-help group without an official teacher and so the various members learn from each other. In a friendly atmosphere they meet once a fortnight to read their own literary efforts. Constructive and supportive appraisal may be offered but what unites the group is their great enjoyment in writing and their hope of eventual improvement.				
Contact Gill Jury on 01256-703498				

INTEREST GROUPS - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Music Appreciation (U3A) Subject to availability	Dorothy Owen Room	Monthly	Second Friday 10am to 12 noon	£1.50
Individual members introduce a musical topic which can be of any genre from opera to pop and from any composer or artiste. We then listen to examples of the work followed by discussion. No special knowledge is required – just a love of music				
Contact Mike Pullan 01256 702797 or musicappreciation@odihamu3a.org.uk				
Poetry Too (U3A) Subject to availability	Dorothy Owen Room	Monthly	1st Thursday 10am to 12 noon	£1 plus tea per session
We average 10-12 people, male and female, none of us poets, but all enjoying poetry. We meet sitting in a comfortable room around a table. Each in turn volunteers to describe the life and work of a particular poet, or we read poems which describe a particular theme or subject. We cover a wide variety of topics and poetry, some of it famous, some of it obscure but all interesting and with a light hearted theme				
Contact Gilbert Rowland 01256 702507				
Exploring Towns and Villages (U3A) Subject to availability	Within local area	Monthly	10.30am to 2pm approx..	Around £3
We meet for coffee in a town or village, then with a local guide we explore the architecture, history and what makes the place special. Afterward we usually have a light lunch together.				
Contact Pippa Peatman 01256 703909 / Sue Sharman 01420 22603 / Viv Needham 01256 704868 explore@odihamu3a.org.uk				
T'ai Chi (U3A) Subject to availability	Cross Barn	Weekly	Wednesday 3pm to 4.30pm	Varies but around £6 per session payable termly in advance
Our new T'ai Chi class has proved very popular and great fun. We are all feeling the benefits of exercising body and brain. This is a wonderful calm form of exercise that helps with balance, co-ordination and control of movement. It is suitable for all ages.				
Contact Sue Galloway 01256 703153 groups@odihamu3a.org.uk				
Considering Art Group 2 (U3A) Subject to availability	Dorothy Owen Room	Monthly	2nd Wednesday 10am to noon	£2
This is a new group and your opportunity to get in at the very beginning. We will start by looking closely at Impressionist art and artists and will then develop according to the interests of the group. Members with an interest in art are warmly welcomed – no previous knowledge required.				
Contact: Denise or David Neilson 01256 279082 art@odihamu3a.org.uk				
Family History (U3A) Subject to availability	Church Bell Tower room	Monthly	Third Tuesday 2.20pm – 4.30pm	£1.50
The group meets to discuss family history research and endeavor to learn from each other's experience and successes. Our meetings are relaxed and informal; members can share as much or as little of their family history as they wish. No knowledge of family history software is required. We can advise on sources of family records research and local or national family history events.				
Contact Margaret French 01256 703604 familyhistory@odihamu3a.org.uk				
History of Philosophy (U3A) Subject to availability	Leader's Home Odiham	Monthly	1st and 3rd Mondays 10am - noon	50p
Based on a podcast 'The History of Philosophy without any Gaps' this group studies and discusses the main issues in philosophy based on how they arose historically Studying the history allows us a reasonably systematic but fun way into the subject..				
Contact Philip James 01256 704746 or Sue Galloway 01256 703153				

INTEREST GROUPS - *continued*

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Scrabble (U3A) Subject to availability	Members' homes	Monthly	1st and 3rd Tuesday 2pm - 4.30pm	50p
We are a small friendly group who enjoy playing this quite challenging board game. We don't take matter too seriously and usually manage to have a lot of fun				
Contact Ian Hawker 01256 703279				
Church Bellringing	All Saints' Odiham	Minimum twice weekly	Wednesday Practice 7.15 -9pm Sunday Service 9.15 – 9.45 pm Other times as required	None *
For millennia bells have called the faithful to prayer in towns and villages throughout the United Kingdom. Church bellringing provides a valuable service to the Parish Church and to the local community by celebrating local and national events and in turn gives opportunities for developing friendships. Change Ringing, which was developed over the last five centuries in and mainly confined to England, is performed by a team of ringers using skills which they will have developed over many years to control their bells, weighing up to a ton or more, making them ring in a continuously changing sequence. Church bellringing is a team activity which encourages the development and maintenance of a high degree of physical and mental co-ordination and concentration. If you would like to learn to ring you will be warmly welcomed at All Saints Church Odiham. *If made, donations to the church for heating, lighting and upkeep of the fabric are by personal choice and not published.				
Contact Tony Liddiard on 01256 703301				

DANCE

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Scottish Country Dancing	Cross Barn Odiham	Twice Monthly	1st & 3rd Thursday 7.30pm to 9.30pm October to end of April	£3 / session
Beginners welcome. No partner required. Excellent exercise for the brain and the body!				
Come along or phone Christopher on 01256 704087				

WOMEN'S ORGANISATIONS

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Women's Institute	The Old School, London Road, Odiham	Monthly	2nd Thursday 7.30 - 10pm	£37.50 pa
Most months the Odiham branch of the WI has a speaker and also time for coffee and some socialising. We have a lunch group who try out local restaurants and pubs once a month. We join in activities organised by our local Hart group of WI's and also enter the County Quiz and Skittles competitions. In August we arrange a visit to a local place of interest. Members have the opportunity to participate in events arranged in Hampshire and further afield by the County and National Federations. Our programme can be found at http://hampshirewi.org.uk/wi-page/odiham-wi				
Our President is Margaret Shaw (01256 764309) who will be very pleased to welcome visitors at any of our meetings.				
N Hants Downs Mothers' Union	RAF Church	Monthly	Usually 3rd Thursday 8pm (except August)	£24.00 pa full member
The Mothers' Union is a world wide organisation of over 3.6 million women and men with branches in 77 countries. It is a non-denominational Christian organisation which welcomes women or men who have been baptised and who support the aims of the Mothers' Union which are to support children and family life both in the UK and overseas. Our Branch covers the area of the North Hampshire Benefice. We hold meetings once a month and also support Mothers' Union projects both locally and further afield. Our main local project is the North Hampshire Child Contact Centre in Hook which enables separated parents to spend time with their children. Our meetings are quite varied and include speakers, bible study, craft activities, fundraising and social events. At the beginning of each meeting we have refreshments and a short period of prayers.				
Contact Sue Murphy on 01252 845011				

GAMES

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Bridge Group (U3A) Subject to availability	The Old School London Road	Weekly	Tuesday 1.30pm to 5pm	£3 / session
Both rubber bridge and duplicate bridge is played. All necessary equipment is provided and tea and biscuits are available during the interval.				
Contact Rowena Coleman 01256 702253 bridge@odihamu3a.org.uk				
Mah Jong (U3A) Subject to availability	Members' Homes	Weekly	Monday 2pm to 4.30pm	None
This is a game for 3 or 4 people. It is similar in principle to rummy but is played with 144 tiles instead of a pack of cards. It is easy to learn and you can quickly become proficient at playing the basic game. You don't need to own a Mah Jong set as we have plenty available. Our focus is on playing in a relaxed and friendly atmosphere with a cup of tea or coffee to aid the play. Why not come along and try this fascinating game				
Contact Veronica Cannan 01256 862740 mah-jong@odihamu3a.org.uk				

FILM, DRAMA & MUSIC

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Cross Barn - Film	Cross Barn, Odiham	Monthly	3rd Friday 7pm for 7.45pm	£6
Films are played on a Blue-ray player connected to a high definition (HD) projector onto a 4m wide screen and the maximum audience size is 100. Tickets are available from P&K Electrical in Fountains Mall, Odiham and online from the Cinema page of www.thecrossbarn.org.uk Doors open at 7.00pm. Wine tea and coffee and biscuits are available. The films usually finish before 10.00pm.				
For more information, visit www.thecrossbarn.org.uk - Advanced booking is advised.				
Cross Barn - Theatre	Cross Barn, Odiham	Generally Monthly	Can either be matinee or evening performances	£10 / £12.50 (show specific)
Theatre productions can be LIVE or recorded and can come from a range of well-known venues that include the National Theatre, the Branagh Theatre, the Royal Opera House, the Globe Theatre and the Royal Albert Hall. The shows are projected onto a 4m wide screen and the maximum audience size is 80. The shoes are generally longer than a film and there is usually an interval. Tickets are available online from the Cross Barn website (www.thecrossbarn.org.uk) and often also from Katharine Jane, Fountains Malls, Odiham High Street. Wine, tea, coffee and biscuits are available. Show times are specific to each show and will be detailed on the website and on the tickets.				
For more information, visit www.thecrossbarn.org.uk - Advanced booking is advised.				
Hartley Arts Group (HAG)	Victoria Hall Complex Hartley Wintney	Weekly *	Tuesday 8pm (drama) Wednesday 8pm (play reading / social) Thursday 8pm (drama)	£35 / year
HAG offers a wide range of activities such as singing, acting, costume production, set design and build, lighting and sound. Other skills are those of stage management and musical directing, publicity, front of house and finance. * We meet weekly when rehearsing for new productions. We may meet less frequently at other times. New members are welcome.				
Contact the Box Office on 07956 412826 to find out more information about events and joining. Email: hartleyartsgroup@gmail.com Web: www.hartleyartsgroup.com Facebook: Hartley Arts Group				
Basingstoke Choral Society	The Vyne School Basingstoke	Weekly	Wednesday 7.30 -9.30pm	£150/yr
Basingstoke Choral Society is a friendly and well-established mixed choir of over 140 singers. Our aim is to bring audiences the highest quality musical events performing with some of the country's leading professional soloists and musicians such as the London Mozart Players, the Orchestra of the Age of Enlightenment and the Hanover Band. The choir continues to have a wide repertoire, selecting traditional choral works by composers such as Mozart, Beethoven and Elgar interspersed with more modern pieces by composers such as Bernstein and Karl Jenkins. We perform at least three concerts each year at venues such as The Anvil at Basingstoke, Winchester and Guildford Cathedrals and G Live in Guildford. "Music, the greatest good that mortals know" wrote Joseph Addison for A Song for St. Celia's Day. If you would like to be part of a large choir who aspire to make great music then come and join us. New members are always welcome any time.				
For further information go to www.basingstoke-choral.org.uk/index				

FILM, DRAMA & MUSIC - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Holy Ridiculous Amateur Dramatics	TBA	2 productions a year	Rehearsals Wednesday evenings	None
Typically we put on a Murder Mystery in the Autumn and our main production in the Spring. We are always on the lookout for new members; whether as budding actors, front of house, stage crew, building sets or any other capacity. No experience necessary! All are welcome - we normally rehearse on Wednesday evenings.				
Contact Simon Harper on 07736 892067				
Singing for Fun	The Hayloft, Cross Barn, Odiham	Weekly	Thursdays 10.30 to 12 noon	£2 per session
This is a ladies group in which we learn and sing popular songs in the style know as Barbershop - for the pure enjoyment of doing so. Barbershop is an unaccompanied singing style where every melody note is sung in 4-part harmony. It has its own unique sound due to the way the harmony is written and also the way in which the songs are performed. Because of the voice ranges required Barbershop can only be sung by either all men or all ladies, and currently we only have a lively and enthusiastic ladies group. In our group we have ladies who also sing in other choirs, and ladies who had never sung before they joined us! So if you just enjoy singing along with CDs, radio, TV, going along in the car or whatever then why not give this a try? Barbershop is different and sometimes challenging but it is also great fun to be part of. And you don't need to be able to read music! If you go to our U3A web page you will find out more about what we do, where and when. We are a very friendly informal group and although we aim to sing each song with quality we don't take ourselves too seriously. The group title is Singing for Fun and that's just what we do!				
Contact Bob Jury 01256 703498, email barbershop@odihamu3a.org.uk or visit www.odihamu3a.org.uk				

CARE IN THE COMMUNITY**VOLUNTEERS ALWAYS NEEDED**

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Odiham Voluntary Care Group	At your home	Daily	Monday - Friday (any time)	Voluntary
Run by a group of volunteers it offers transport to and from local medical appointments at hospitals, surgeries and clinics as well as shops in Odiham and Hook for those who have no other means of transport. 48 hours notice is required.				
To book a journey phone 07551 587862 and leave a message with your name, telephone number and details of your journey - we will get back to you. A small contribution is requested to cover the running costs. If you would like to become a volunteer driver who typically gives a couple of hours once or twice a month please contact David Woodward on 01256 702712				
Meals on Wheels	At your home	Every day if required	On request	
Meals on Wheels are available to anyone over the age of 55 who finds it difficult to prepare meals because of mobility or health problems. Meals are available long term or just for a short period, perhaps to help someone recuperating from a stay in hospital, or to assist an older person who cares for someone else and needs a break from cooking for a while. From April 2013 a hot two course meal can be delivered every day anywhere in Hampshire, either direct to your home or to a local lunch club. A new separate Meals Support Service is also being planned to enable isolated older people who receive meals on wheels to have regular social contact through volunteer visits around mealtimes if they would like it.				
For more information and to request this service telephone 0845 603 5630 or visit www.hants.gov.uk/meals-on-wheels				
All Saints Church Visitors				
We have a team of volunteers who are able to call and see people from time to time for company and support, such as those who are bereaved, unwell, or who are finding it difficult to get out on their own. The team is coordinated by Alison Brown, our Parish Priest.				
If you would like to speak to Alison to request a visit please ring her on 01256 703220 (apart from Fridays) or email: alison@allsaints.org.uk, or contact the Church Office on 01256 703395				

CARE IN THE COMMUNITY - continued**VOLUNTEERS ALWAYS NEEDED**

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Rosefield Day Centre	Odiham Cottage Hospital	Weekly	Tuesday - Thursday 9.30am - 4.00pm	See below *
Most of our clients are elderly and have significant care needs. We aim to provide our clients with high quality care in a friendly and stimulating atmosphere that will help to sustain their independence in their own homes for as long as possible. Their time with us may also provide respite for their family or carer. The service may be free for some people who meet Adult Services needs criteria but charges are now means tested by them. We also take private clients whom the manager assesses as suitable (charge of £40/day, includes lunch). We have a team of trained and dedicated staff, supported by volunteers, who assist with recreational and mentally stimulating activities, which include "Music to Remember", arts and crafts, visits by PAT dogs, seasonal celebrations and old time favourites. Transport may be arranged and we also offer a free bathing service.				
If you are interested in volunteering to help, or if you have a relative or friend in need of significant care, please contact Lynne Ewing (centre manager) on 01256 393604				
Pathfinders for Patients				
Pathfinders for Patients is the working name of Odiham Health Centre Trust Fund - a charity established in 1995 to help patients of the Odiham Health Centre. We always work in tandem with the NHS and never in competition with it. We have a variety of resources and can often provide patients with access to the help they require for specific medical needs. We are also able to assist patients in getting help from statutory bodies such as the DHSS. We have experience of completing a multitude of forms and can help with this daunting task. We also maintain a fleet of wheel - chairs available locally on a short term loan basis to patients who need one for a limited period. We have within our team a doctor and a nurse, both with many years experience and confidentiality is guaranteed.				
Contact 01256 701198 or via www.odihamhealth.org				
Community Independence Team				
Do you have concerns about your health or well being? Are you finding everyday activities increasingly difficult? Are you an older person who would like to get out more and have the opportunity to attend social events and make new friends. Your Community Independence Team can help. The team consists of Occupational Therapists, Social Workers and Support workers who can provide specialist advice on coping with practical tasks, improving your well being and linking you with relevant health and community services.				
You can contact the team via your GP or you can find out more by calling 01256 362057. If you are making a referral on behalf of another person you must have their permission to contact us.				
Home Library Service				
If anyone finds it significantly difficult to get to their local library due to ill-health, disability or caring responsibilities, Hampshire Library Service may be able to arrange for them to have library items delivered to them at their home on a monthly basis, by specially recruited and trained volunteers. All Home Library Service volunteers are DBS checked and are supported by library staff. They offer books in standard or large print, and also have a audio books in a range of formats, including CD, MP3 CD and Playaway format (a preloaded MP3 player for which all you need is an AAA battery and a pair of earphones). This is a free service.				
For further details or to take advantage of this facility please telephone 0300 555 1387 or email library@hants.gov.uk On line applications can be made at www.hants.gov.uk/library				
Odiham Cottage Hospital Charity Shop	High Street, Odiham	Daily	Monday - Saturday 10am - 4.30pm	None
Odiham's own charity shop raises funds for the Odiham Cottage Hospital, enabling a range of health and social care services to be provided free or at subsidised cost to patients and clients. A group of volunteers, led by manager Debbie Sweet, run a friendly and exciting shop, full of bargains of clothes, shoes, accessories, jewellery, books, CDs, DVDs and a wide range of bric-a-brac. It is well worth visiting!. All donations during opening times are very welcome, as are volunteers.				
Contact Debbie on 01256 704872 or Charlotte Crawley, Head of Retail on 07712 305137				

CARE IN THE COMMUNITY - <i>continued</i>		VOLUNTEERS ALWAYS NEEDED		
GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Phyllis Tuckwell Hospice				
Phyllis Tuckwell provides supportive and end of life care to adult patients and their families living with a terminal illness across West Surrey and North East Hampshire. Every day we support over 250 patients, carers and relatives in their own homes, at the Hospice in Farnham and Beacon Centre in Guildford. The NHS only covers 20% of the charity's costs, which means we have to raise over £15,000 every day so we can continue delivering an exceptional standard of clinical care and support. There are lots of ways you can support Phyllis Tuckwell including taking part in our events, recycling, donating stock to our shops and volunteering.				
Please call on 01252 729400 to find out more about how you can help.				
St Michael's Hospice				
St. Michael's Hospice cares for patients throughout North Hampshire, including Hartley Wintney, who are affected by life-limiting illness. This care is provided through its In-Patient Unit, Day Care facilities and Hospice at Home service. All the Hospice services are geared to helping people live life to the fullest. St. Michael's is a registered charity and all its services are provided completely free of charge. The annual running costs of the Hospice stand at £3.2 million; less than 20% comes from the North Hampshire Clinical Commissioning Group with the remaining £2.5 million needed to be fundraised. The local community can support their local Hospice to raise this money in many different ways including taking part in or organising fundraising activities, volunteering or donating and purchasing from one of our seven Hospice shops.				
If you would like to know more or want to help in any way phone 01256 844744				
Royal British Legion (RBL)				
The overall purpose of the RBL is to safeguard the welfare, interests and memory of those who have served in, or are serving in, the Armed Forces'. Members do not need to have served in the Armed Forces themselves. We aim to help any local serving and ex-Service members of the Armed Forces who are needing assistance. We have annual get-togethers of our members. Membership fee £16 pa.				
Point of contact is Mike Reggler 01256 704596				
Odiham Consolidated Charities				
This is the oldest charity in Odiham dating from the 1620s. It provides high quality residential accommodation in 27 units in Buryfields for residents who are over 55 years old and have been lived in Odiham for at least 6 years. It also makes payments to many more people in the community in the form of Christmas vouchers and support with heating bills and other help. All three schools, Leapfrogs Pre- school and other educational bodies are given grants. It makes the Dorothy Owen meeting room available to a number of U3A groups. Through the Odiham Education Charity it is the foundation body for Robert May's school, appointing 5 foundation governors.				
Contact Sue Laing, Clerk to the Trustees of OCC. Address : Odiham Consolidated Charities, c/o LFM, The Stables, 23b Lenten Street, Alton GU34 1HG. 01420 590660. Email : suelaing.occ@outlook.com. Cathy Mott, Almshouse Warden. Telephone : 01256 702043.				
Odiham Cottage Hospital Befriending Service				
The Befriending Service recruits and trains volunteers to visit patients in the West Hart area who are living with long term health conditions and who may feel lonely or isolated within their communities. Volunteers will visit patients once a week for a couple of hours for a chat or perhaps an outing. Each patient's needs are assessed and activities / visits are tailored to suit the individual. Referrals are made through the local GP practice or the district nursing team.				
Befriending Coordinator – Maria Bryant 01256 393609				

PERSONAL HELP & ADVICE				
NHS Integrated Care Team	Odiham Cottage Hospital	Daily	Monday to Friday	None
The Integrated Care Team for West Hart, known as the Maple Team, is based at Odiham Cottage Hospital and provides community care for patients of Odiham, Old Basing, Hook and Hartley Wintney GP surgeries. The nursing team, led by Community Matron Lynn Aldridge, is supported by a social worker from Hampshire County Council and a Specialist Mental Health Nurse. Medical clinics at the hospital include tissue viability, incontinence and respiratory assessment and are likely to be accessed by a referral from your healthcare professional.				
The nursing team can be contacted on 01256 704490				
Age Concern Village Agents				
Age Concern Hampshire has appointed two Village Agents to help older people in Odiham and North Warnborough with access to services information and advice. If you would like to know more about matters such as transport for shopping, hospital, medical or dental appointments; arranging a Home Safety Visit; claiming benefits; help with your garden; computer training; finding a trusted trades person; Residential and Care Home options and many more.				
Contact Valerie Cloke or Christine Fowler on 07543 294703 or odihamva@ageconcernhampshire.org.uk				
Technology Enabled Care to help with daily living – Aster Living				
Help at the press of a button and Free for 8 weeks, a monitored home unit and pendant gives that reassurance required to continue with your everyday living, knowing that you are covered 24hrs a day, every day of the year. We have a range of sensors to meet all needs, we can also supply/install key safes and grabrails.				
For more information please call Aster Living on 0333 400 8299 or email info@asterliving.co.uk				
Soldiers, Sailors, Airman, & Families Association (SSAFA) Forces Help				
SSAFA Forces Help is an organisation which helps and supports those who serve in our Armed Forces and those who used to serve – even if it was only for a single day. It also cares for the families of both. If you fall into one of these categories and have financial, practical or other problems, there are SSAFA caseworkers in your area who are trained to help you.				
For the Odiham area please ring the Divisional Secretaries, Meyrick and Deborah Aylward on 01420 541537 (easthants@hampshiresaafa.org.uk) or Roger Jones on 01256 702340 if you need help or if you would like to join the local team of trained volunteer helpers.				
Dementia Advice Service				
This service is open to anyone with dementia and their carers, family and friends. They can be referred by their GP, other health professional or they can just make contact themselves. The aim is to help people with dementia and their carers to access the information and support they need at the right time in order that they can live life as they want to for as long as possible. The service in North Hampshire is provided by Andover Mind in partnership with Hampshire County Council and NHS Clinical Commissioning Groups				
For more information ring 01252 624808 or email dementiaadvicehartrushmoor@andovermind.org.uk				
Home Improvement Scheme				
HomeWell - Caseworkers help customers to stay in their own homes. We support home owners and private tenants with adaptations and essential repairs – some of whom qualify for the Disabled Facilities Grants, charitable funding or a subsidised loan. Caseworkers also offer a signposting and advice service regarding benefits, local clubs, reliable builders and energy efficiency. Caseworker Advice is free.				
HomeSafe - Surveyors offer technical help with building extensions, loft conversions, ramps and bathroom adaptations. They will prepare drawings, help with planning permission, arrange quotes, check the work on site and help to resolve any problems. They work within the Local Authority Grants system and for private customers. The first half hour advice session is free of charge, after which a fee will be charged.				
For more details call 0800 055 6277. Opening hours are 9am-5pm Monday to Friday.				
Consumer Direct				
If you would like a copy of the Hants County Council Trader Directory that has a list of traders approved by Trading Standards phone 01962 833620.				
If you want practical consumer advice phone Consumer Direct on 08454 04 05 06.				

PERSONAL HELP & ADVICE - continued

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Citizens Advice Hart	Civic Offices Harlington Way, Fleet	Daily	Mon - Thurs 9.30am – 3.30pm Friday 10am - 1pm	Free Advice
Citizens Advice Hart	Royal Oak Close Yateley		Mon - Thurs 9.30am - 3.30pm	

The Citizens Advice service is manned by experienced and trained volunteers. It helps people to resolve their legal, financial, benefits, consumer, family and other problems by providing free information and advice, and by influencing policy makers. Its principles and aims are to provide free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination. Citizens Advice Hart comprises the Fleet and Yateley Offices.

The Fleet Office is located within the Hart District Civic Offices, Harlington Way, Fleet, GU51 4AE. (Tel: 01252 617922) The Yateley Office is located in Royal Oak Close, Yateley, GU46 7UD (just off Reading Road and signposted with the Police and Fire stations, by the Royal Oak pub), (Tel: 01252 878410). Appointments may be made after an initial "gateway" contact with them by phone or dropping in.

A Guide to Better Care and Support and A Guide to Residential Care (Free excellent publications)

The Guide to Better Care and Support is very comprehensive. It provides practical help and advice to anyone who wants to go on living in their own home but, because of old age and/or disabilities, may need support or specialist advice to do so. Now in its 14th year this Guide is the definitive reference source for thousands of people in Hampshire. It is relied on by those wishing to continue to live independently, their relatives and friends as well as professional care staff and volunteers. The Guide to Residential Care also provides practical help and advice to anyone who is considering moving into a residential home. It has an easy to follow listing of registered care homes in Hampshire.

If you would like advice, or want a free copy of either publication, call Hampshire County Council's Adult Services on 0300 555 1386 www.hants.gov.uk.

HELP WITH GARDENING & MINOR HOME REPAIRS

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
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Hampshire - Handy Person Service

Several councils including Hart District Council have commissioned Family Mosaic to provide a handyperson service in Hart for anyone over the age of 55, or anyone who is disabled (including families who have disabled children). The aim of the service is to provide a value for money and trusted handyperson service to get those jobs done around the house that the householder can't do. They can do all sorts of things like fitting curtain tracks, fixing cupboard doors, fitting key safes, moving furniture, replacing light bulbs and batteries, small plumbing jobs, fitting grab rails and hand rails, putting up shelves, changing tap washers and much, much more. The hourly rates for labour depend on your circumstances. All materials are charged at cost and all our handy persons are fully trained and DBS checked. Find out more at www.familymosaichia.co.uk

Please call Family Mosaic on 02380 659879

Mind the Garden

Hart Voluntary Action's 'Minding the Garden' team provide a local gardening service to people in Hart who are struggling to maintain their garden.

The team of staff and volunteers are able to help bring a garden back to a manageable state. There is a charge for this gardening service.

Please contact the project team on 01252 815652 if you are interested in the gardening services. Please also contact the project team if you are interested in volunteering.

CAN YOU HELP?

GROUP / ACTIVITY	MEETING PLACE	FREQUENCY	DAY & TIME	COST
Community Governors at Odiham Schools	Relevant School	Minimum 4 meetings per term	Dependent on school	None

Would you consider giving some of your time to serve as a Governor at one of the village schools? We sometimes have vacancies for Community Governors. We are enthusiastic teams, from a wide variety of backgrounds, who work together and share the responsibility of improving the schools' performance and quality of education for our local children. Community Governors are welcomed as valued members of the teams and play a vital role in ensuring the Governing Bodies are aware of views of the local Community. Governors need to be enthusiastic, reliable and willing to learn. Governors visit the schools regularly to take part in school events, monitor plans and attend meetings. The responsibilities of a Governing Body include: working with the Headteacher on strategic planning; discussing and approving targets for improvement; setting and monitoring the budget; monitoring the school's performance and supporting the Headteacher and staff.

If you feel that you could contribute please contact the relevant school office or watch out for adverts in the parish magazine. Further information can also be found on the HCC website: <http://www3.hants.gov.uk/education/governors>

USEFUL TELEPHONE NUMBERS**HEALTHCARE PROFESSIONALS**

Odiham Health Centre	01256 702371
Hook Surgery	01256 762125
NHS Direct	0845 4647
NHS Direct (Out of Hours)	111
Basingstoke Hospital	01256 473202
Odiham Cottage Hospital	01256 393603
Alton Community Hospital	01420 82811
Frimley Park Hospital	01276 604604
Hampshire Clinic	01256 357111
King Street Dental Practice	01256 703251
Odiham Dental Clinic	01256 636472
The Optician, Odiham	01256 703707
Admiral Nursing Dementia Helpline	0800 888 6678
Princess Royal Trust for Carers	0845 604 1577

CHEMISTS

Lloyds Pharmacy, Odiham	01256 702218
Boots, Hook	01256 762497

VETS

Hook Veterinary Centre	01256 764771
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COUNCIL

Odiham Parish Council	01256 702716
Hart District Council	01252 622122
Hampshire County Council	0300 5551375

OTHERS

Odiham Village Agents (Age Concern)	07543 294703
Care Group Helpline (Transport)	07551 587862
Samaritans	08457 909090
NSPCC Helpline	0800 800 500
Age Concern	01256 432874
Social Services Aldershot	01252 314221
Neighbourhood Watch	01256 701805
Odiham Library	01256 704372
Citizens Advice Basingstoke	01256 322814
Citizens Advice Fleet	01252 617922
North Warnborough Village Hall	07799 728024
Cross Barn Odiham	01256 701803
All Saints Church Office	01256 703395
Vine Church	01256 702821
Methodist Church	01256 323590
Shopmobility	0845 644 2446
Odiham Consolidated Charities	01420 590660
Alms House Warden	01256 702043

Odiham Police Office 0845 045 4545
(This non-emergency police number is available 24hrs)

EMERGENCY NUMBERS

Electricity	0800 0727282
Gas	0800 111999
Water	0845 6021724
BT Faultline	0800 800 151



got something to
shout about?

logo design & corporate branding · social media · vehicle livery · retail signage · banners
programmes · brochures & catalogues · exhibition materials · posters & leaflets · wall art
pos displays · branded promotional items · press advertising campaigns · greeting cards
invitations · personalised wedding stationery · the list goes on ... and on ... and on ... and on ...

High Street · Odiham · Hampshire · RG29 1LF · 07909 984428 · info@shoutaboutdesign.com
shoutaboutyou  

