



SO:Linked
Supporting Southampton People & Communities

So:linked
Local Information
Compilation (SLIC)
Updated Autumn 2024

**Signposting and Information of Southampton
Community Resources SO14-SO19**





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Web search name: **Food Provision Venues in Southampton**

Part 1: A list of all the places where food (either free or subsidised) can be found on each day of the week for those struggling economically. These include: SCM basic banks, Food Membership Clubs, Free Food Venues and Free Meals. **Part 2** lists them in postcode order

Booklet # 2: "Friendship"

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Web search name: **Community Cafes and Lunch Clubs in Southampton**

A list of all the free or subsidised meeting places listed in SO14-SO19 postcodes, for those lonely, isolated, bereaved or new to Southampton.

Booklet # 3: "Playgroups"

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Web search name: **Community Playgroups for 0-5years in Southampton**

1. Community playgroups (listed in SO14-SO19 postcodes/days of week) A place where parents can visit with their pre-schoolers for playtime. 2.Toys and clothing libraries
3.Support for parents and grandparents.

Booklet # 4: "Activities"

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Web search name: **Clubs and Activities for 4-16 years in Southampton**

A list of clubs and activities for children aged 4-16 out of school hours and holidays, listed in each postcode and day of the week, and a way to meet local parents .

- 1.Clubs or activities for 4–16-years (listed in SO14-SO19 Postcodes)
- 2.Squirrels, Beavers, Cubs, Scouts, Explorers and Brigades
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- 4.Toys and clothing libraries
- 5.Support for parents and grandparents

Booklet # 5 "Finances"

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2. Explanation of financial terms
3. Community support groups giving financial advice and support
4. Peer support groups and courses on Good Financial Management

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Pages 90-97

Web search name: **Support for Unpaid Carers in Southampton**

All you need to know about local support for unpaid Carers.

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2. Groups and Charities Providing Care Support
3. Types of Respite Care in Southampton
4. Groups providing Respite Care at Home
5. Legal Support - Power of Attorney
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Web search name: **English Classes in Southampton**

A list of all the places offering English and ESOL classes plus places offering conversational practise.

1. Educational Centres in Southampton that teach English Courses
2. Conversational English Groups in Southampton
3. Online Free English Courses
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Booklet # 8: "Dementia"

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Web search name: **Living Well with Dementia in Southampton**

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1. What is Dementia?
2. Community Support Groups in Southampton and resources
3. Weekly Activities for those living with Dementia
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Booklet # 9: "Mental Health"

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A list of the Support Groups and places to meet if you or a loved one need Mental Health Support

1. Definition of Mental Health Illness
2. Support Groups in Southampton
3. Wellbeing activities and Peer Support Meetings in Southampton
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- A list of green spaces, volunteer opportunities and activities
- How to start a Friends of Group
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SO:Linked

Supporting Southampton People & Communities

The SLIC (So: linked Local Information Compilations)

was compiled from the So: Linked Directory called SOLID. We want to thank everyone in the SO: Linked team who had a part in the research, compilation and sharing information which together made this SLIC a reality.

All information is correct as of Autumn 2024. Information subject to change. The SLIC/SOLID will be updated regularly We ask that any organisation, that is featured, or would like to be featured in the SLIC, to please inform us of any changes to their entry at solinked@southamptonvs.org.uk.

Future updated information can be found at <https://solinked.org.uk/slic/>

History of So: Linked

SO: Linked was set up in October 2019 to help people navigate around the many local activities and to support organisations and groups of all sizes. It is an integrated partnership led by Southampton Voluntary Services and funded by Southampton City Council and CCG.

Our Community Directory (SOLID)

SOLID has information on services, groups, funding and events in Southampton. We ask local groups to update any new services or events to ensure that it stays current and accurate . Web address: [SOLID - So:Linked \(solinked.org.uk\)](https://solinked.org.uk)

Email address for additions, amendments or deletions: solinked@southamptonvs.org.uk

SO: Linked Community Navigators

Our Navigators, SPECTRUM, will help to find the right support and activities for anyone **living in, or registered with a GP in, the SO14-SO19 postcodes.**

To contact our Community Navigation, please call: 02380 216050 or email: dutynavigators@spectrumcil.co.uk

So Linked Community Development Team

For Community Development Support, please call: 02380 228291 or email our So:Linked Community Development Worker: Community@southamptonvs.org.uk

So: Linked Community Development Partners

Social Enterprise Link Contact at: john@socialenterpriselink.co.uk;

TWICS contact at: ichambers@twics.org.uk and bgange@twics.org.uk



SO:Linked

Supporting Southampton People & Communities

#1a Food Provisions Venues in Southampton

Part 1 – Listed in Days of the Week

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

Table of contents: (Colour coded)

In the list below, there are 4 types of Food Venues:

1. **SCM BASIC BANKS** - The Basics Bank service is available to people facing hardship who have a voucher issued by one of the many registered referral agencies in the city. The food package is planned to last for 4 days and you can visit a Basic Bank 6 times a year.
2. **FOOD MEMBERSHIP CLUBS** – Such as SCM Marketplaces and Southampton Social Aid Group. Having filled out a membership form, new members will be invited for a membership chat and receive copies of the membership agreement and relevant policies. Members pay a weekly amount from £2.50 to £5.00 to be able to choose a good variety of food items to last a few days.

SCM Marketplaces: For a weekly £5 membership subscription, Marketplace members can come on the day their Marketplace is open, use the members café, chat to members and volunteers, talk to any visiting advice agencies, and choose around 13 items from the fridges, freezers, fresh fruit and veg, bakery, ambient food products and toiletries. Our venues run a waiting list, but please still register an interest via the [become a member](#) page

3. **FREE FOOD VENUES/FOOD PANTRIES/COMMUNITY FRIDGES** - These are for crisis situations or for people who have fallen on difficult times economically. You can just turn up and join the queue, bringing a bag or backpack with you. Sometimes a voluntary donation is requested.
4. **FREE MEALS** – These meals are made from donated food and for those in need of a hot home-cooked meal. Sometimes a voluntary donation is requested.

OPEN MOST DAYS

Mondays - Fridays Open 9.00 am -2.00 pm

Two Saints 30 Cranbury Avenue, Southampton **SO14 0LT**

Hot lunches are served Mon - Fri at 12 noon for anyone who is homeless. Priority is given to rough sleepers as a set number of meals are catered for each day.

Contact: 023 8022 3443

Monday -Sunday (Every day) Open 10 am – 4 pm

Parklife Café FOOD AID SERVICE. at Parklife Café, St. James Pk **SO15 5SD**

Self-referral or via another organisation Free weekly food parcel allocated per household

Contact: 023 8077 9763 or email info.parklifecafe@gmail.com

Monday -Sunday (Every day) Open 10 am – 4 pm

Parklife Café COMMUNITY PANTRY at Parklife Cafe, St. James Pk, **SO15 5SD**

Open to everyone Reduced priced food items available for donation to cafe

Contact: 023 8077 9763 or email info.parklifecafe@gmail.com

Mondays – Sunday (Every Day) Open 8.00 am – 2.00 pm

Round About Café 12 Westfield Corner, Wide Lane, **SO18 2LE**

Food Club (Membership £1.00 - Fill in the form at cafe and then pay 10 items for £3.50 or 15 items for £5

Contact: 023 8067 2700

Tuesdays – Fridays from 9.00am

Monty's Community Hub at 59 Montague Ave Sholing, **SO19 0QB**

Food Pantry (any donation appreciated). Activities also run.

Contact: 07493 306 046 check the schedule on their webpage.

Vegan Meal at the Gurdwara, St Marks Road, **SO14 0NW**

Every day from 11.30 to 1.30

Langar or Food is served to the devotees who attend the Gurdwara Khalsa Darbar in Southampton. This is served all day long and 7 days a week and 365 days a year. You are welcome to have Langar when visiting the Gurdwara. Fresh Vegetarian food is served.

Contact: 023 8039 3440

MONDAYS

Group 1 -BASIC BANKS (Voucher needed)

Above Bar Church SO14 7FE (From 6th June 2024)

Mondays 10 am -3 pm

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

Woolston Labour Club, 25 Leighton Rd **SO19 2FS**

Time: 11.30-13.00 Southampton Social Aid Group

£3.50 for 10 items and £5.00 for 15 items

Contact: 023 8078 4069 <tel:02380784069>

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Hedge End Food Centre 10 am - 1 pm at Kings Community Church, Upper Northam Rd, Hedge End, **SO30 4BZ**. If you need a referral, come along and talk to one of the team. Closed on Bank Holidays

Contact: 07543 925 959

Community Café 11 am- 1 pm at Northam Community Centre, Kent St, **SO14 5SP** Food items when available

Contact: Danielle on 07501 888 331

Chapel 8 Foundation Community Pantry The Saints Pub, Kendal Avenue, Millbrook, SO16 9LP is open on Mondays twice a month on 1st and 3rd Mondays from 9.00am to 11.00 am.

Contact: 02380771009

Group 3 FREE MEALS

Veg Out Pop-Up Community Vegan Café, October Books, 159 Portswood Rd, **SO17 2NF**

From 11.45 to 3.30. All our vegan meals are cooked from scratch, using fresh ingredients, and are free of charge although donations are welcome from those who can afford them.

Contact: 07759 623 463 or <https://www.facebook.com/popupvegan>

TUESDAYS

Group 1: BASIC BANKS (Voucher needed)

St Mary's Church, 49 St Monica Rd, Sholing, **SO19 8ES**

10 am - 3 pm.

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

SCM Marketplace Weston at Holy Trinity Church SO19 9HG

Tuesdays 12.30-3pm. £5 for 13 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries. The catchment area for SCM Marketplace: Weston is in an SO19 7, SO19 8 or SO19 9 postcode.

Contact: Jacqueline on 023 8055 0435

Group 4: FREE MEALS

GEMS Brunch Club 10:30 am-11.30 at Kingsland Community Centre, Broad Green, **SO14 1LF.**

A selection of filled rolls and a hot drink and a place to keep warm.

Contact: 07961 808 110

WEDNESDAYS

Group 1: BASIC BANKS (Voucher needed)

Southampton Vineyard Church (The Old Chemist), 16 Manor Farm Rd, **SO18 1NP**.

10am – 3pm

Contact: 023 8055 0435

Group 2: FOOD MEMBERSHIP CLUBS

Totton FareShare Pantry: Totton Church, 283a Salisbury Rd, **SO40**

3LZ. Membership only. 9.30 – 11.30.

£2.50-£5.00 depending on the amount of food needed.

Contact: 023 8235 8585

SCM Millbrook Marketplace at All Saints' Church, All Saints Church, Sedbergh Rd, Southampton **SO16 9HJ**.

Wednesday 10.00 a.m - 1.00 pm. £5 for 13 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries. The catchment area for SCM Marketplace: Millbrook is the SO16 4–, and SO16 9– postcodes.

Contact: 023 8055 0435

Group 4: FREE MEALS

Food Cycle, Salvation Army (Sholing) 93 N.E. Rd, **SO19 8AF**

We provide a free 3-course meal at 6.00 until 8pm All are welcome!

Contact: 023 8043 8713

THURSDAYS

Group 1: BASIC BANKS (Voucher needed)

Shirley Baptist Church, Church St, Shirley, Southampton **SO15 5LG**.

10am – 3pm

Contact: 023 8055 0435

Group 2: FOOD MEMBERSHIP CLUBS

SCM Marketplace: Saint Marys Church, St Mary's Street, **SO14 1AQ**.

Thursdays from 10 am -1 pm. £5 for 13 items. The catchment area for SCM Marketplace: Saint Mary's is the SO14 postcode.

Note: membership is currently full* (*as of March 2024) but you can join the waiting list.

Contact: 023 8055 0435

Stephens Dance Centre, Oakley Road, **SO16 4LG**. 11.30 am - 1.30 pm. Join our Southampton Social Aid Food Club and get weekly access to a range of food/household items.

£3.50 for 10 and £5.00 for 15 items.

Contact:023 8078 4069

SCM Townhill Park Marketplace at Townhill Park Community

Centre, Meggeson Ave, Southampton **SO18 2FH**. 10.00 am – 12.30 pm £5 for 13 items from the fridges, freezers, fresh fruit and veg, bakery, ambient food products and toiletries.

The catchment area for SCM Marketplace: Townhill Park is the SO18 2– postcode, Vanguard Road, Vale Drive and Summit Way.

Contact: 023 8055 0435

Oasis Community Pantry, Highpoint Centre, Bursledon Road, Thornhill, **SO19**

8BR is open for Thornhill Residents every Thursday from 9.30am to 5.30pm.

Please speak to your doctor's surgery, social prescriber, or child's school, who will be able to refer you.

There is a good variety of fresh, tinned, and chilled items for which you pay either £3.50 or £5.00. Bring a large bag or shopping trolley.

Contact: Mike on 023 8161 9191

Group 3: FREE/SELF REFERRAL/EMERGENCY

James Street Church Food Bank - at James Street Church, **St Mary's, SO14**

1PH 10 to 11 am. Free food – queue and bring a bag. Refreshments for a small charge in the small hall until 11.00

Contact: jamesstreetchurch@gmail.com

Thursdays Together – from 8:45 to 10.30am at St Albans Church, Tulip Road, SO16 3BB. Anyone is welcome to come and enjoy hot drinks and toast, space to relax and meet others. Free food is available for those who need it as well and staff from Frontline Debt Advice are also available.
Contact: 023 8055 4231

Hope Centre Food Bank at Drayton Close, **Weston SO19 9JN**
Part of the Hedge End Food Centre. From 1.30 pm – 3.30 pm If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley.
Contact: 07586153409

Hedge End Food Centre at Kings Community Church, Upper Northam Rd, **Hedge End, SO30 4BZ** From 10 am - 1 pm
If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley.
Contact: 07543 925959

Group 4: FREE MEALS

The Big Breakfast. At Above Bar Church 69 Above Bar **SO14 7FE**
From 9-10.30 am No need to book, just turn up. We particularly welcome anyone who is homeless and vulnerable.
Contact: 07984 162426

GEMS Wellbeing Lunch Club at Challis Court, King St **SO14 DQ.**
From 10 am to 3 pm. Coffee, chat and activities for all. A 2-course free lunch is served at 1pm for £1. No need to book or register. Just come.
Contact: 07961808110.
Note: The Club is closed on the third week of each month.

FRIDAYS

Group 1: BASIC BANKS (Voucher needed)

Lords Hill Church, Lordshill District Centre, Lordshill, **SO16 8HY**.

From 10 am - 3pm Referral needed.

Contact: 023 8055 0435

Group 3: FREE/SELF REFERRAL/EMERGENCY

The Food Hub at Thornhill Baptist Church, Thornhill Pk Rd **SO18 5TR**

From 1.45 TO 2.45 Just bring a bag for a good selection of basic food.

Contact: 07952 904052

Feed The Community at Merryoak Community Centre **SO19 7JY**

Every Friday, 10:30am-11:30am chat and coffee/tea and 11:30am-12:30pm for **food redistribution**

Contact: 07853 238831

St Denys Community Food Project at St Denys Church, Dundee Rd, **SO17 2ND**. 10.15 until 12. Tea/Coffee served. Free food distribution. Bring a bag.

Contact: 023 80671757

SATURDAYS

Food/Clothing Shop at Swathling Station, Wessex Lane, **SO18 2LB**

Saturdays From 10.15 -12.15. Bring a bag. Donations are welcome.

They also have used clothing and a baby bank.

Membership £10 a year per household!

Facebook: <https://www.facebook.com/HRASouthampton/?fref=ts>

Group 4: FREE MEALS

Saturday Breakfast Clubs

Week 2 Life Church Southampton, The Boathouse, 11 Cranbury Terrace, **SO14**

0LH 8.30 am - 10.30 am. Free. All welcome

Contact: 02380981023

Week 4 Life Church Southampton, The Boathouse, 11 Cranbury Terrace, **SO14**

0LH 8.30 am - 10.30 am. Free. All welcome. **Contact:** 02380981023

Breakfast Club at Townhill Community Centre, 121-123 Meggeson Ave **SO18**

2FH. Every Saturday from 9am-12am

Nominal cost: 50p for hot drinks, and £2 for a bacon buttie; toast and jam 50p. squash free.

Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

SUNDAYS

Group 3: FREE/SELF REFERRAL/EMERGENCY

New Community, Sholing , 77 St Monica Rd SO19 8ES

Sundays from 12.00 – 12.30. Free supermarket food run by New Community, Sholing. Don't forget to bring a bag. All totally free! **Contact:** 023 8023 7700

Group 4: FREE MEALS.

(Targeting the homeless and vulnerable residents of Southampton)

Sunday Lunch Project:

St Denys Church, Dundee Rd, **SO17 2ND** from 10.00 to 12.30.

The meal is free, no booking, no referral or name is required.

Contact: 07716 692 359

St. Mark's Institute, Church Hall, Weston **SO19 9DY** (Entrance via red door between shops).

Doors open at 10.00, Food served from 12.00 to 13.00

Facebook: Southampton Sunday Lunch Project

Sunday Afternoon Club from pm at the New Community Church, Central Hall, St Mary St, **SO14 1NF** From 4:30 pm- 6.00. The Community Café is offering a free hot meal to anyone in need.

Contact: 023 8023 7700

Food Parcel Deliveries to your Door

Poitiers Care provide food parcels in emergencies. You need to be referred.

Contact Brian Arthur on **07796 161047**



SO:Linked

Supporting Southampton People & Communities

#1b Food Provisions Venues in Southampton

Part 2 – Listed in Southampton Postcodes

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For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
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2. **FOOD MEMBERSHIP CLUBS** – Such as SCM Marketplaces and Southampton Social Aid Group. Having filled out a membership form, new members will be invited for a membership chat and receive copies of the membership agreement and relevant policies.

SCM Marketplaces: For a weekly £5 membership subscription, Marketplace members can come on the day their Marketplace is open, use the members café, chat to members and volunteers, talk to any visiting advice agencies, and choose around 13 items from the fridges, freezers, fresh fruit and veg, bakery, ambient food products and toiletries. Our venues run a waiting list, but please still register an interest via the [become a member](#) page

3. **FREE FOOD VENUES/FOOD PANTRIES/COMMUNITY FRIDGES** - These are for crisis situations or for people who have fallen on difficult times economically. You can just turn up and join the queue, bringing a bag or backpack with you. Sometimes a voluntary donation is requested.
4. **FREE MEALS** – These meals are made from donated food and for those in need of a hot home-cooked meal. Sometimes a voluntary donation is requested.

SO14

Group 1: BASIC BANKS (Voucher needed)

Above Bar Church SO14 7FE

Mondays 10 am -3 pm

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

SCM Marketplace: Saint Marys Church, St Mary's St, SO14 1AQ.

Thursdays 10 am -2 pm £5 for 13 items. The catchment area for SCM

Marketplace: Saint Mary's is the SO14 postcode.

Note: membership is currently full, but you can join the waiting list.

Contact:023 8055 0435

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Community Café 11 am- 1 pm at Northam Community Centre, Kent St, **SO14 5SP**

Mondays 11am-1pm

Contact: Danielle on 07501 888 331

James Street Church Food Bank - at James Street Church, **St Mary's, SO14 1PH** 10 to 11 am. Free food – queue and bring a bag. Refreshments for a small charge in the small hall until 11.00

Contact: jamesstreetchurch@gmail.com

Group 4: FREE MEALS

Vegan Meal at the Gurdwara, St Marks Road, **SO14 0NW**

Every day from 11.30 to 1.30

Langar or Food is served to the devotees who attend the Gurdwara Khalsa Darbar in Southampton. This is served all day long and 7 days a week and 365 days a year. You are welcome to have Langar when visiting the Gurdwara. Fresh Vegetarian food is served.

Contact: 023 8039 3440

Two Saints 30 Cranbury Avenue, Southampton **SO14 0LT**

Mondays - Fridays Open 9.00 am -2.00 pm

Hot lunches are served Mon - Fri at 12noon for anyone who is homeless. Priority is given to rough sleepers as a set number of meals are catered for each day.

Contact: 023 8022 3443

The Big Breakfast. At Above Bar Church 69 Above Bar **SO14 7FE**
Thursdays 9-10.30 am No need to book, just turn up. We particularly welcome anyone who is homeless and vulnerable.
Contact: 07984 162426

GEMS Brunch Club at Kingsland Community Centre, Broad Green, **SO14 1LF.**
Tuesdays 10:30 am-11.30
A selection of filled rolls and a hot drink and a place to keep warm.
Contact: 07961 808 110

GEMS Wellbeing Lunch Club at Challis Court, King St **SO14 DQ.**
Thursdays from 10 am to 3 pm. Coffee, chat and activities for all.
A 2-course free lunch is served at 1pm for £1. No need to book or register. Just come.
Contact: 07961808110.

Note: The Club is closed on the third week of each month.

Saturday Breakfast Clubs at Life Church, 11 Cranbury Terrace, **SO14 0LH**
Saturdays 8.30 am - 10.30 am. Free. All welcome.
Week 2 and Week 4 only
Contact: 023 8098 1023

Sunday Afternoon Club from pm at the New Community Church, Central Hall, St Mary St, **SO14 1NF**
Sundays from 4:30 pm- 6.00. The Community Café is offering a free hot meal to anyone in need.
Contact: 023 8023 7700

SO15

Group 1: BASIC BANKS (Voucher needed)

Shirley Baptist Church, Church St, Shirley, Southampton **SO15 5LG**.

Thursdays 10am – 3pm

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

Monday -Sunday (Every day) Open 10 am – 4 pm

Parklife Café FOOD AID SERVICE. at Parklife Café, St. James Pk **SO15 5SD**

Self-referral or via another organisation Free weekly food parcel allocated per household

Contact: 023 8077 9763 or email: info.parklifecafe@gmail.com

Parklife Café COMMUNITY PANTRY at Parklife Cafe, St. James Pk, **SO15 5SD**

Open to everyone Reduced priced food items available for donation to cafe

Monday -Sunday (Every day) Open 10 am – 4 pm

Contact: 023 8077 9763 or email info.parklifecafe@gmail.com

Park Life Café, at St. James Park in Shirley, **SO15 5SD**

Monday -Sunday (Every day) Open 10 am – 4 pm

Free Food pantry and normal-priced café. Activities are run too.

Contact: 023 8077 9763

OLIO Food Distribution via an App

Olio has arrangements with local supermarkets to manage their excess food and prevent it being wasted.

Olio volunteers collect and list the surplus food to give away for free via the app. This could be meals, fresh fruit & veg, bakery or store cupboard items that have usually reached their use-by or best-before dates.

Olio primarily connects neighbours with each other and with local businesses so surplus items can be shared and not thrown away.

Once you have registered, the app will show you what is available near you. You can request items, wait for confirmation and then simply arrange to collect from the volunteer's home at a given time - all for FREE. Non food items and personal items can also be listed.

Download the Olio App on your mobile from Playstore etc and or complete registration on the free app from [Here's how Olio works \(olioapp.com\)](http://olioapp.com)

Note: The local OLIO volunteer lives in the SO15 area and items need to be collected at her house.

SO16

Group 1: BASIC BANKS (Voucher needed).

Lords Hill Church, Lordshill District Centre, Lordshill, **SO16 8HY**.

Fridays 10 am - 3pm

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

SCM Millbrook Marketplace at All Saints' Church, Sedbergh Rd, **SO16 9HJ**,
Every **Wednesdays** 10.00 am - 1.00 pm.

£5 for 13 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries.

Contact: 023 8055 0435

Stephens Dance Centre, Oakley Road, **SO16 4LG**.

Thursdays 11.30 am - 1.30 pm. Join our Southampton Social Aid Food Club and get weekly access to a range of food/household items.

£3.50 for 10 and £5.00 for 15 items.

Contact: 023 8078 4069

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Chapel 8 Foundation Community Pantry at The Saints Pub, Kendal Avenue, Millbrook, SO16 9LP Mondays on 1st and 3rd Mondays.

Contact: 02380771009

Thursdays Together St Albans Church, Tulip Rd, **SO16 3BB**.

Thursdays 9.15 until 10.30. We have a variety of fresh and long-life foods each week.

Contact: 023 8055 4231

See also information on OLIO in SO15 section

SO17

Group 3: FREE/SELF-REFERRAL/EMERGENCY

St Denys Community Food Project at St Denys Church, Dundee Rd, **SO17 2ND**. On Friday from 10.15. Free food distribution. Bring a bag.

Contact: 023 80671757

Group 4: FREE MEAL

Veg Out Pop-Up Community Vegan Café, October Books, 159 Portswood Rd, **SO17 2NF**

Mondays from 11.45 to 3.30. All our vegan meals are cooked from scratch, using fresh ingredients, and are free of charge although donations are welcome from those who can afford them.

Contact: 07759 623 463 or <https://www.facebook.com/popupvegan>

St Denys Church, Dundee Rd, **SO17 2ND**

Sundays from 10.00 to 12.30.

The meal is free, no booking, no referral or name is required.

Contact: 07716 692 359

SO18

Group 1: BASIC BANKS (Voucher needed)

Southampton Vineyard Church (The Old Chemist), 16 Manor Farm Rd, **SO18**

1NP. Mondays 10am – 3pm

Contact: 023 8055 0435

Group 2 - FOOD MEMBERSHIP BANKS

SCM Townhill Park Marketplace at Townhill Park Community

Centre, Meggeson Ave, Southampton **SO18 2FH.** **Thursdays** 10.00 am – 12.30 pm £5 for 13 items from the fridges, freezers, fresh fruit and veg, bakery, ambient food products and toiletries. The catchment area for SCM Marketplace: Townhill Park is the SO18 2– postcode, Vanguard Road, Vale Drive and Summit Way.

Contact: 023 8055 0435

Food/Clothing Shop at Swathling Station, Wessex Lane, **SO18 2LB**

Saturdays From 10.00 -12.00. Bring a bag. Donations are welcome.

They also have used clothing and a baby bank.

Membership £10 a year per household!

Facebook: <https://www.facebook.com/HRASouthampton/?fref=ts>

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Round About Café 12 Westfield Corner, Wide Lane, **SO18 2LE**

Mondays – Sunday (Every Day) Open 8.00 am – 2.00 pm

Food Club (Membership £1.00 - Fill in the form at cafe and then pay 10 items for £3.50 or 15 items for £5

Contact: 023 8067 2700

The Food Hub at Thornhill Baptist Church Car Park, **SO18 5TR**

Fridays 1.45 TO 2.45 Just bring a bag for a good selection of basic food.

Contact: 07952 904052

Breakfast Club at Townhill Community Centre, 121-123 Meggeson Ave **SO18**

2FH. Every Saturday from 9am-12am

Nominal cost: 50p for hot drinks, and £2 for a bacon buttie; toast and jam 50p. squash free.

Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

SO19

Woolston Labour Club, Leighton Rd **SO19 2FS**

Mondays 11.30-13.00 Southampton Social Aid Group

£3.50 for 10 items and £5.00 for 15 items

Contact: 023 8078 4069

SCM Marketplace Weston at Holy Trinity Church SO19 9HL

Tuesdays 12.30 – 3pm. £5 for 13 items from fridges/freezers, fresh fruit & veg, bakery, ambient food products and toiletries.

The catchment area for SCM Marketplace: Weston is in an SO19 7, SO19 8 or SO19 9 postcode. Apply for membership first.

Contact: Jacqueline on 023 8055 0435

Oasis Community Pantry, Highpoint Centre, Bursledon Road, Thornhill, **SO19**

8BR is open for Thornhill Residents every Thursday from 9.30am to 5.30pm.

Please speak to your doctor's surgery, social prescriber, or child's school, who will be able to refer you.

There is a good variety of fresh, tinned, and chilled items for which you pay either £3.50 or £5.00. Bring a large bag or shopping trolley.

Contact: Mike on 023 8161 9191

Group 3: FREE/SELF-REFERRAL/EMERGENCY

Tuesdays – Fridays from 9.00am

Monty's Community Hub at 59 Montague Ave Sholing, **SO19 0QB**

Food Pantry (any donation appreciated). Activities also run.

Contact: 07493 306 046 check the schedule on their webpage.

Hope Centre Food Bank at Drayton Close, **Weston SO19 9JN**

Thursdays 1.30 pm – 2.30 pm If you need a referral, come along and talk to one of the team. There is no charge for the food, please bring a large bag or food trolley.

Contact: 07586153409

Feed The Community at Merryoak Community Centre **SO19 7JY**

Every Friday, 10:30am-11:30am chat and coffee/tea and 11:30am-12:30pm for **food redistribution**

Contact: 07853 238831

New Community, Sholing, 77 St Monica Rd SO19 SO19 8EF

Sundays from 12.00 – 12.30. Free supermarket food run by New Community, Sholing. Don't forget to bring a bag. All totally free! **Contact:** 023 8023 7700

Group 4: FREE MEAL

Food Cycle, Salvation Army (Sholing) 93 N.E. Rd, **SO19 8AF**

A free meal served at 6.00 pm on **Wednesdays**. All are welcome

Sunday Lunch Project: at **St. Mark's Institute**, Church Hall, Weston **SO19 9DY**
(Entrance via red door between shops).

Sundays at 10.00, Food served from 12.00 to 13.00

Contact: Facebook: Southampton Sunday Lunch Project



SO:Linked

Supporting Southampton People & Communities

Community Cafes and Lunch Clubs in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

The following list organised in postcodes area are a list of places where you can meet your friends or make new friends.

There are 3 types of meeting places listed in this booklet:

Coffee and chat venues, where you relax with a hot drink and snack while playing board games or practise your domestic skills such as knitting with like-minded friends.

Lunch or Dinner Clubs that offer a home-cooked two-course meal for a small charge of £1.00 to £5.00 to cover expenses. Some require membership and some will need to be booked ahead of time. Some are specifically for special needs.

Free Hot Meals for the homeless and those struggling economically.

SO14

Mondays

Community Café at Northam Community Centre, Kent St, **SO14 5SP**. From 11 am- 1 pm A warm welcome and a chance to meet other locals.

Contact: Danielle on 07501 888 331

The Foyer Cafe The Lighthouse, St Mary's Rd, **SO14 0BB**

From 10.00-12.00 Feel free to drop by for a free cup of tea/coffee and a chance to chat.

Contact: 023 8022 6004

Tuesdays

GEMS Free Brunch Club 10:30 am – 12noon at Kingsland Community Centre, Broad Green, **SO14 1LF**. **Contact:** 07961808110

Thursdays

The Big Breakfast (Above Bar Church) **SO14 7FE**,

A **free hot breakfast** (Find the entrance at, Ogle Road)

From 10.00 -11.00am.

Contact: 07874 114852

GEMS Wellbeing Lunch Club at Challis Court, King St **SO14 3DQ**. 10 am to 3 pm **A 2-course lunch** is served at 1pm for £1.00

Contact: 07961808110

Saturdays

Breakfast Club 8.30 am - 10.30 am at Life Church Southampton, The Boathouse, 11 Cranbury Terrace, **SO14 0LH** **On 2nd and 4th Saturday of each month. Free.**

Contact number: 02380 981023

Sundays

Sunday Meal at New Community Church, St Mary St, **SO14 1NF**.

From 4:30 pm- 6.00 pm A **free meal** for the homeless and vulnerable residents of Southampton.

Contact: 023 8023 7700

SO15

Freemantle & Shirley Community Centre, Randolph St, SO15 3HE

- **Folk Dance** from 14:00 to 15:30 (**2nd Wednesday of month**)
Contact: Cath Watkins (FolkActive)
<https://www.folkactive.org.uk/wellbeing/folkactive-dances/>
- **FSCA Lunch club** **First Thursday of the month**.12.30 to 15.00
- **Creative Health** (Exercise) Fridays from 10:00 to 12:00.
Contact: Gabriel Galvez 07440 419575

Mondays

TEAPOT at St James Rd Methodist Church, SO15 5HE

On the **1st Monday of the month**, 2.30pm – 4.30pm

Teapot is a gathering of people to enjoy tea, coffee most importantly a range of delicious home-made cakes. It a really good place to come if you are on your own or lonely and would like to meet and chat to new people.

Contact: 023 8077 6565.

BEREAVEMENT CAFÉ at St James Rd Methodist Church, SO15 5HE

The last Monday of each month except in August

The Bereavement Cafe meets in Make and Brew at St James Road Methodist Church from 2pm – 4pm, offering support and chat to anyone recently bereaved.
Term time only

Contact: 023 8078 7762

Community Club at St. James' Park, Church Street, **SO15 5LW**

Every Monday and Wednesday, 11-4pm In these free sessions we offer a clean, stress-free safe area for you to come and meet like minded people. We play a lot of board games, like Scrabble and Rummikub. There is IT help offered too.

Contact: 023 8077 9763

Global Fusion at Edmund Kell Church, Bellevue Rd, **SO15 2AY**.

Monday 6-8pm. A multi-cultural group, All are welcome, come along meet new people, make friends and share your culture and traditions.

Contact: 023 8111 2639

Tuesdays

CRAFT AND COFFEE at St James Rd Methodist Church, **SO15 5HE**

10am – 12 noon for anyone who enjoys crafts of any kind will enjoy Craft and Coffee. You can bring your own crafts to do and share, or learn a new craft. Refreshments are available throughout the morning, or you can buy a coffee from Make and Brew. The Craft and Coffee members meet in the large hall, enter from the car park at the back and follow the corridor to the end and turn right.

Contact: 023 8077 6565.

Parklife Embroidery group –at Parklife Café, St James Park, SO15 5SD
First Tuesday of the month from 1pm – 3pm - a friendly social group for all and a safe space to share sewing or other craft projects £2 per person per session
Contact: call 023 8077 9763 or email info.parklifecafe@gmail.com

SUPPER CLUB at St James Rd Methodist Church, **SO15 5HE**

The **second Tuesday of each month**, Doors open at 5.45pm
Supper Club is a monthly gathering to enjoy a 3 course home cooked meal, complete with after dinner mints! Especially suitable for people who live alone or who do not enjoy cooking, Supper Club is popular with people of all ages and situations. There is no set charge, but a collection is always taken. Booking ahead is essential
Contact: 023 8078 7762

Wednesdays

Coffee & Chat at St Mark's, Archers Rd, **SO15 2LU**

From 10 - 11:30am. Do come and say hello and have a cuppa!

Contact: 023 8063 2690

Coffee Morning at St Edmunds Church Hall, (small lounge)14 Rockstone Place, SO15 2EQ. From 10.30 to 12.00 Come and join us!

Contact: 023 8033 3589

MHA Lunch and Learn Club at Hebron Court, SO15 5WB

On the second Wednesday from 12.30 pm to 2.30 pm

Contact 07999407548 (Tabby)

MHA Fish and Chips at Hebron Court, SO15 5WB

On the third Wednesday from 12.30 pm to 2.30 pm

Contact 07999407548 (Tabby)

LADIES CLUB at St James Rd Methodist Church, **SO15 5HE**

On the third Wednesday of each month 2.00 – 4.00pm. All ladies welcome to come and meet in Room 3 for chat and a cup of tea.

Contact: 023 8077 6565

Sanctuary Art and Crafts at Shirley Parish Hall, 1a Colebrook Ave, SO15 5NS
3rd Wednesday each month from 1.15 – 3pm Adults only

This monthly group is designed to be a sanctuary - for you and whatever creative gifts you do or don't have! Bring whatever art or craft you enjoy - sewing, knitting, painting etc - or just bring yourself. No booking necessary - just turn up.

Contact: 023 8077 1755

Community Club at St. James' Park, Church Street, **SO15 5LW**

Every Monday and Wednesday, 11-4pm. In these free sessions we offer a clean, stress-free safe area for you to come and meet like-minded people. We play a lot of board games, like Scrabble and Rummikub. There is IT help offered too.

Contact: 023 8077 9763

Thursdays

Belong Cafe at Elim Christian Centre, 78 Park Rd, **SO15 8LF**.

2 pm- 3.30 pm. A time for a chat, tea and cake

Contact: 07435839867

Art class at Parklife Café, St James Park, SO15 5SD

10.15-12.15 reduced-price art classes for all, Free spaces are provided for those who are struggling with mental health or feeling isolated.

Contact: info.parklifecafe@gmail.com or call 023 8077 9763 booking essential

Fridays

Men's Shed Club Southampton Makerspace, Unit 6, Pitt Road, Liners Ind. Estate, Freemantle, **SO15 3FQ**.

Tuesday morning 9:30 – 12:30

Tuesday evening – main open evening 19:30 – 22:00

Thursday evening 19:30 – 22:00

Friday morning 9:30 – 12:30

Contact: 023 8184 5991 (call before visiting for the first time)

Haven Lunch Club (Communicare & St Marks Church) at St Mark's Church, Archers Road, SO15 2LU. From 11.00 am-2.30 pm 2-Course Home Cooked Lunch & Social Activities. Everybody welcome

Contact: 023 8063 2691 (St Marks Office)

Well-Being Group (MHA) at Hebron Court, 46 Rollesbrook Gdns, **SO15 5WB**

Every Friday from 11 am – 12 pm for an hour of singing fun and friendship so why not come along? All are welcome and no previous singing experience is required.

Contact: 07563 556090 or email southampton@mha.org.uk

to book your space

Welcome Fridays for over 65's – at Parklife Café, St James Park, SO15 5SD

Once a month Fridays from 11.30am - 2 pm - a friendly social group for all, especially anyone who is feeling isolated or struggling with their well-being. Free hot drink, lunch and sweet treat

Various activities will be included, booking is essential as there are limited spaces

Contact: call 023 8077 9763 or email info.parklifecafe@gmail.com

Sundays

Online Men's Group at Elim Christian Centre, Park Rd, **SO15 8LF**. **Every other Sunday evening**. From 7 pm-8 pm the men meet together on Zoom for a time of devotion, to build relationships and encourage one another. We periodically also have Saturday breakfast together.

Contact: Steve on 02381 980071 for more information and zoom ID.

S016

Lunch Club at Swathling Baptist Church, Fleming Road, **SO16 2JD**

From 12.00 – 14.00 **on the 2nd Monday of each month**

Monday Lunch Club is a monthly meeting for the senior members of the community to meet, chat, and eat lovingly prepared food with others members.

Contact: 07393 977 906

Community Lunch at the Main Hall, Isaac Watts URC, Winchester Rd, Upper Shirley, **SO16 6TS**

On the **2nd Monday of each month**, 12.30 - 2.00pm. A 3-course cooked meal and plenty of time to meet and chat. £5 a person. Often followed by entertainment.

please contact <mailto:lettings.iw@gmail.com>.

Tuesdays

Over 50s Lunch Club at Lordshill Community Centre, Andromeda Rd, **SO16**

8BB. Open to all ages.

From 12pm until 3pm **Every 1st and 3rd Tuesday of each month**

It includes a 3-course home cooked meal - All for £5 per person.

Contact: 07487213813

Thursdays

Thursdays Together – from 9.15 to 10.30 am St Albans, Tulip Road, **SO16**

3BB. Anyone is welcome to come. We hope to encourage the community by offering hot drinks and snacks alongside free food parcels and help and advice (sign-posting) when needed. Contact: 02380679787

Free English lessons from 5 p.m. to 6 p.m. every Thursday at the Burgess Road Library, Burgess Road Library, Burgess Road, **SO16 3HF**

during term time. Come and enjoy a relaxed atmosphere to practise your English. Providing hot drinks and baked goods.

Contact: 023 8055 6596

Coffee, Cake & Connect at Lords Hill Church, Lords Hill, SO16 8HY

Thursdays 1:30 – 3.00 pm First and third Thursday of the month. There is a Memory Café on the other Thursdays. Caraway Charity hosts a drop-in for older residents in Lordshill. Opportunities to participate in activities: jigsaws, knitting, craft or just relaxing and chatting. No charge but donations welcome.

Contact: 07563556090

Lordswood Cuppas at King's Church, 414 Coxford Rd, Southampton SO16

5LL. Thursday 10:30am -11:30am once a month

A monthly multigenerational friendship club in Lordswood in partnership with Oakwood Primary School and King's Church. Attendees are able to talk to pupils from Oakwood Primary School and join them in quizzes, games or craft activities. There's also some excellent cakes! This event is free but donations are welcomed.

Contact 023 8250 0050

Fridays

Café 153 8 am -1 pm King's Church Centre, 414 Coxford Rd, **SO16 5LL**. The entrance at side door. £5.00 for full breakfast. Contact: 023 8078 5414

Friday Lunch Club in the Community Room at St Alban's, Tulip Road, **SO16 3BB**.

12 noon **on the last Friday** of each month from onwards. For senior citizens to come along and enjoy good company and food. A suggested donation of £3 per person, for a two-course home-cooked meal.

Contact: 02380679787

Open Book Cafe at Burgess Road Library, Burgess Road Library, Burgess Rd, **SO16 3HF** 7.30-9.30 pm on the **last Friday of each month**. The evening features live music and tasty refreshments. Contact: 023 8055 6596

Saturdays

Café 153 8 am -1 pm King's Church Centre, 414 Coxford Rd, **SO16 5LL**. The entrance at side door. £5.00 for full breakfast.

Contact: 023 8078 5414

Southampton Deaf Club at Lord's Hill Church

1st Saturday of the month, 6pm - 10.30pm. Memberships will be on sale for £5.00 or visitors at £2.00. Sandwiches provided

Contact: 07775 620 757

SO17

Mondays

Denys Friendlies at St. Denys Church, Dundee Rd, **SO17 2ND**

Mondays 10:00–12:00 (except for bank holidays). Denys Friendlies is a vibrant, welcoming and supportive group where adults can come together for conversation, activities and outings No need to book.

Contact: Antonia on 07522 646 170

Veg Out Cafe: October Books (at back of shop), 189 Portswood Road SO17 2NF. Every Monday, 12.15pm - 3.30pm

A pop-up vegan community cafe, using food waste.

Contact: 02380 581 030

Tuesdays

Games Group at October Books, Tuesday Portswood Rd, SO17 2NF

From 17:00 — 18:30. Come and join us for our weekly games group.

Run by Solent MIND

Contact: Email: sidebyside@solentmind.org.uk

Wednesdays

Meeting Place at October Books, Portswood Rd, SO17 2NF

Every Wednesday 2.30 to 4.00. Run by St Mary's Church SO14

Multigenerational activities and cream tea, All welcome.

Contact: 02380 581 030

Thursdays

Denys Friendlies at St. Denys Church, Dundee Rd, **SO17 2ND**

Mondays 10:00–12:00 (except for bank holidays). Denys Friendlies is a vibrant, welcoming and supportive group where adults can come together for conversation. No need to book.

Contact: Antonia on 07522 646 170

Coffee Morning at Immaculate Conception Church Hall, 346 Portsmouth Rd, **SO17 3SB**. From 10.30 to 11.30. For anyone looking for some good company and a cuppa.

Contact: 023 8055 5470

KES@AvenueStAndrews meets at Avenue St Andrews Church, The Avenue, SO17 1XQ on some Thursdays 2.30pm to 3.45 pm. (Dates depend on the school timetable so please call to check.)

This is partnership of Communicare with King Edward VI School and Avenue St Andrews Church. Sixth formers join local residents for tea and cake with games or other activities.

Contact 023 8250 0050 to check dates before attending.

Fridays

'Coffee & Cake' at St Denys Church Centre. 1.30-3.30 pm

Come and enjoy homemade cake and a hot drink. Free food distribution.

Contact:02380671757

Sundays

St Denys Church Hall, Dundee Road, **SO17 2ND** Every Sunday from 10.00 am and serving delicious hot food from 12 - 1pm. For adult homeless and those struggling to eat hot meals. and some need a good lunch and company. **Contact:** 02380671757

SO18

Most Days of the Week

EDGE Hub at Townhill Community Centre, 121-123 Meggeson Ave **SO18 2FH**.

Mondays 2 pm -5pm,

Tuesdays 9am -1pm, 10.30 - 12noon (Plus Optional discussion of Jesus video).

Wednesdays 9am-1pm, Wednesdays 1pm-3pm Games and group activities

Thursdays from 7pm – 9pm a programme of activities for both adults and their children, toys provided for little ones. The EDGE Hub is a community safe place which provides tea, coffee, toast, and cake are served. All welcome.

Stay and Play (Wed 9-11 Toddler group) and Sat Breakfast Club 9am-12am

Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

Mondays

Wellbeing Café at Thornhill Baptist Church, Thornhill Park Road, Southampton SO18 5TR at 9 – 11.30 am. Contact; 02380464121

Hope Café 8.30 am – 11.00 on **Mondays, Tuesdays and Thursdays** at Bitterne Holy Saviour Church at the end of Bitterne Precinct

Contact: 023 8068 5560

Tuesdays

Toast and Tea Bitterne Park Baptist Church, 49 Oaktree Rd, **SO18 1PH**. **Every first/third Tuesday** at 10.30-13.00

Contact: 07447077019

Wednesdays

Community Café 10.00 am – 11.30 at Bitterne URC Church which is on **Bitterne** Precinct (above Iceland) 446 **Bitterne** Road, **SO18 5EF**:

Enjoy a cuppa and chat

Contact: 02380 421844.

Bitterne Men's Shed Club 10 am – 12.pm on Tuesdays, Wednesdays and Thursdays at our workshop of the old tennis court between Holy Saviour Church (opposite the Red Lion at the end of precinct) and the Mazda car showroom. **Men only**.

Contact: 023 8049 0511

Omega Café at Bitterne Holy Saviour Church at the end of Bitterne Precinct. 10 am – 12.am Coffee, cake and chat.

Contact: 023 8068 556010

Senior Citizens Club On **Thursdays** from 2 pm onwards at Bitterne URC Hall **Bitterne** Precinct (above Iceland) 446 **Bitterne** Road, **SO18 5EF** Different activities/outings for members. Call before going for first time.

Contact: 02380 421844.

Saturdays

Community Café 10.00 am – 11.30 am at Bitterne URC Church
Bitterne Precinct (above Iceland) **SO18 5EF** Enjoy a cuppa and chat
Contact: 023 8042 1844.

Breakfast Club at Townhill Community Centre, 121-123 Meggeson Ave **SO18 2FH**. Every Saturday from 9am-12am
Nominal cost: 50p for hot drinks, and £2 for a bacon buttie; toast and jam 50p.
squash free.
Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

SO19

Mondays

Peartree Coffee & Chat at Peartree Church Hall, Peartree Road, SO19 7GU
10 am -12 Crafts, board games, bring your own craft, Gardening in the summer.
Contact: 07730685447

Tuesdays

Monty's Majors 1.30 to 3.00pm at 59 Montague Avenue, **SO19 0QB**. A cuppa,
cake and conversation for those who are older but still young at heart. **Contact:**
07493306046

The Sholing Senior Citizens Club at the Sholing Community Centre, Butts
Road, **SO19 1BN** every Tuesday from 1.00 pm - 2.30 pm. Admission costs £2 and
activities include a weekly raffle and following that, activities rotate on a weekly
basis between a quiz, bingo, games, live acts including bands and singers, and
occasionally we have a guest speaker to talk about things of local interest.
Contact: Julian Church on 07570 234 843

Community Drop-In and Advice Centre at St Christopher's Church, Pepys
Avenue, Thornhill **SO19 6PJ**
11.00 – 1.00 pm A friendly place to meet friends and get useful advice.
Refreshments and a filled roll at lunch are provided free of charge.
Advice given about Housing (week 1) NHS Social Prescribing/Sewing Repairs
(Week 2), Police matters (week 3) and Benefits advice/sewing repairs (week 4).
Contact: 023 8043 3162

Wednesdays

Knitting Club 10 am – 12 noon at The Hope Centre, Drayton Close **SO19 9JN**.
Start a new hobby or bring along your own knitting or crocheting and make new
friends! Call before going for the first time.
Contact: 07443 480 577

Woolston Friendship Club (Communicare and St Patrick's Church) at St
Patrick's Church Hall, Porchester Rd, **SO19 9BD**.
Wednesdays, 10.15 – 11.30am,
Contact: Communicare on 023 8250 0050

Thursdays

Monty's Community Lunch every Thursday 12.30 – 13.30 at 59 Montague Avenue, **SO19 0QB** Southampton, UK.

Contact: 07493306046

The Hope Hub The Hope Centre, Drayton Close, SO19 9NJ

Every Thursday between 1-3pm for anyone to drop in for a cuppa and chat , to meet friends or ask advice. Food distribution available too.

Contact: 07586153409

The CAMEO Club at The Salvation Army, 93 North East Road, Sholing, **SO19 8AF**

Thursdays, 10am-12noon: older people's social group.

Contact: 023 8043 8713

Fridays

The Highpoint Venue Fish and Chips Lunch is at Bursledon Road, Thornhill, **SO19 8BR**

From 12.00 -13.30 A free lunch of fish, chips and peas **every 2nd Friday** for **Thornhill Residents** over 65 years. Please book first on 023 8161 9191

Community Cafe at - The Salvation Army, 93 North East Road, Sholing, **SO19 8AF**

1st and 3rd Fridays, 10.45am-1pm: hot food and friendly company. Free for those looking for a warm space.

Contact: 023 8043 8713

Sundays

St. Mark's Institute Sunday Lunch Project: 10:30 am-12:20 pm

Church Hall, Woolston. No access for disabled clients. Meal includes Soup, hot cooked main course and a pudding with custard. 02380 496 313



SO:Linked

Supporting Southampton People & Communities

#3 Community Playgroups for babies/pre-schoolers (Ages 0-4/5) in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

The following is a compilation of the various activities for mothers to bring their babies, toddlers and pre-schoolers for fun, learning through play, exercise, music, movement.

Most of these venues are closed during school holidays.

Table of Contents

1. Community Playgroups for children 0-5 years (in Postcode Order)
2. Baby Equipment, Toys and Clothing Libraries
3. Support for Parents and Grandparents

S014

SCC Family Hubs Information

The daily event can be found Here: [family-hub-what-s-on-schedule-2024-3-june-to.pdf \(southampton.gov.uk\)](https://www.southampton.gov.uk/family-hub-what-s-on-schedule-2024-3-june-to.pdf)

Clovelly, 60-68 Clovelly Road, **SO14 OAU**

Contact: 023 8033 1635

Northam Community Centre, Kent Street, **SO14 5SP**

Contact: 023 8033 1635

S015

SCC Family Hubs Information

The daily event can be found Here: [family-hub-what-s-on-schedule-2024-3-june-to.pdf \(southampton.gov.uk\)](https://www.southampton.gov.uk/family-hub-what-s-on-schedule-2024-3-june-to.pdf)

The Ashby Centre, Stratton Road, **SO15 5QZ**

Contact: 023 8054 0135

After School Care at Freemantle Community Academy, Mansion Rd, **SO15 3BQ**

Mondays - Fridays 3.30 pm - 5.30 pm

Age Group: 3 years up to 11 years

Cost: £5.00 per session

Contact: 023 8022 7925

Baby and Toddlers St Mark's Church, 25, Archers Rd, **SO15 2LU**

Mondays 9.15 am – 11.15am

St Mark's Baby and Toddler Group is a creative, well-structured and equipped Water and sand play, mini-gym physical activity, painting and all kinds of craft.

Contact: 023 8063 2690

Speckled Frogs at Shirley Baptist Church, Church Street, Shirley, **SO15 5LG**

Tuesdays 10.00 – 11.30 am. **Booking each week before Monday 6.00 pm is essential.**

Contact: 023 8039 9949

Baby & Toddler Group at the Salvation Army Church, Victor St, SO15 5LH

Tuesdays 10.00 am - 11.30 am or 1.15 pm - 2.45 pm

Cost per session: £1.50 (includes refreshments)

Contact: 02380 771655

Bumps and Babies St Mark's Church 25 Archers Rd, **SO15 2LU**

Wednesdays 10.00am – 12.00pm Term time only

Optional activities which will help with their baby's development, provide fun activities for them and to educate first time parents.

Contact: 023 8063 2690

Tadpoles - St James Rd Church, St James Road, **SO15 5HE**

Wednesdays from 1 pm to 2.30 pm, for birth up to 4 years old.

Cost: £2.00 per session per family to cover refreshments, craft materials etc.

We provide a very friendly welcome, refreshments for the adults and children, safe toys for building, climbing, playing and riding and a different craft activity each week A team of volunteers help with everything from admin and refreshments to setting up and tidying away.

Contact Julie on 023 8077 6565

Rhyme Time at Shirley Library 14 Redcar St, **SO15 5LL**

Wednesdays 10.30 - 11.00 Alt. weeks: Rhyme Time/Story Time

Contact: 023 8083 3007 No need to book.

Southampton Wiggles - Bright babies at **Scout Hut**, Kentish Road, **SO15 3GX**

Wednesdays 11:00–11:45

Classes are split into three Development levels:

♥ Movers (walkers-2.5 years) - 10 am classes

☀ Wiggles (sitting-walking) - 11am class

♥ Giggles (6 weeks - sitting) 12pm class.

Age: 6 months - 12 months. Cost: 6.00 - £36.00

Contact: 07736 304 085

BFN Ashby Breastfeeding Group at The Ashby Centre, Stratton Road, **SO15 5QZ**

Thursdays 9.45 am to 11.45 am

A great opportunity to get general breastfeeding information and social support in a group setting. Booking via Eventbrite is essential.

Contact: 08444 120 995 (charged call) or message on FB page.

The Ark at St James by the Park, 133 Church Street, Southampton **SO15 5LW**

Fridays from 10-11.30 for 0-4 years. Make new friends, or come with existing friends.

Toys, crafts, singalong, story-time, refreshments.

Cost: £1 per family (but come anyway if you can't afford that).

Contact: 02380771755

Toddler Group at Parklife Café, St James Park, SO15 5SD

Fridays from 10 am to 11.30 am term time only

Contact: 023 8077 9765

Rugbytots Southampton Central at Richard Tauntons 6th Form College,
SO15 5RL

Saturdays 9.30am (2-3.5yrs), 10.05 am (3.5-5 yrs.).

Sundays 8.40am and 10.05am (3.5-5yrs) 9.30 and 10.55 (2-3.5yrs)

Dynamic weekly play sessions enabling boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment. £7.75 per session

Web search: <https://clubhubuk.co.uk/clubs/rugbytots-southampton-central;>

SF Coaching at Goals, Third Ave, Millbrook **SO15 0JZ**

Saturday 9.30 am Tots Session (18 months to 4 years) Cost: £6.00 per session (Football)

Contact: 07340718861

SO16

SCC Family Hubs Information

The daily events can be found Here: [family-hub-what-s-on-schedule-2024-3-june-to.pdf \(southampton.gov.uk\)](https://www.southampton.gov.uk/family-hub-what-s-on-schedule-2024-3-june-to.pdf)

Activities take place at:

Honeysuckle, Honeysuckle Road, **SO16 3BZ**

Contact: 023 8083 3552

Pickles Coppice, 65 Windermere Avenue, **SO16 9QX**

Contact: 023 8054 0135

Southampton Gymnastics Cuckmere Lane, SO16 9AR

Visit: [Classes | Southampton Gymnastics Club \(sotongym.co.uk\)](https://www.sotongym.co.uk/classes)

Our Pre-School Gymnastics Classes (5 mths - 4 yrs) cater for all young gymnasts from 5 months to 4 years. Our expert coaches will teach your children important gross motor skills like balance and co-ordination, in a fun and playful environment:

Baby Tots (5 months - Walking)

Tumble Tots (Walking - 2 years)

Tumble Bobs (2 - 3 years)

Gym Bobs (3 - 4 years)

If you would like to find out more information before registering, please contact us via email (admin@sotongym.co.uk)

Contact: 02380 529952

Rhyme Time at Lordshill Library, Lordshill District Centre, **SO16 8HY**

Every other Tuesday from 14.00 - 14.30

Cost: Free. Alternate weeks: Rhyme Time/Story Time

Contact: 023 8083 3007 No need to book

Little Lambs at Colne Ave Baptist Church, **SO16 9NY**

Wednesdays 1 – 2.30pm

Contact: 07426 802899

Lil' Flames at Lord's Hill Church, Lordshill District Centre, SO16 8HY

9:30-11am every Wednesday morning during term time.

It is a free group for all parents and guardians. We provide refreshments for adults as well as free play (including crafts, bouncy castle and lots of toys), a story time, singing time and a snack time.

Contact: martha@lordshill.church

Tots and Teapots at Burgess Road Library Burgess Rd, **SO16 3HF**
Thursdays 10.00 -11.30 for babies and toddlers
Contact: 023 8058 6804

Rhyme Time - at Burgess Road Library Burgess Rd, **SO16 3HF**
Fridays from 10:30 am to 11:00 am
Contact: 023 8058 6804

Toddler Time at Lordshill Library, **SO16 8HY**
Every other Friday from 11.00 - 11.30
Cost: Free.
Contact: 0238083 3007

Tots and Toddlers at All Saints Church, Sedbergh Rd, **SO16 9HJ**
Fridays from 9.30-10.15, 10.30-11.15 – Soft Play area - you can attend both sessions if you want. There is soft play equipment to explore, improve mobility and co-ordination, have fun and socialise.
Cost: Free One session per family
Contact:023 8070 2411

SO17

Family Hubs Information: There are no Family Hubs in SO17 but visit [family-hub-what-s-on-schedule-2024-3-june-to.pdf \(southampton.gov.uk\)](https://www.southampton.gov.uk/family-hub-what-s-on-schedule-2024-3-june-to.pdf) to find the nearest one to you.

Portswood Pods - Portswood Church Toddler Group (opposite Waitrose) **SO17 2FW on Tuesday mornings**, from 10.00-11.30 during school time – a group for babies and another for toddlers

Cost: £1.50 per family for drinks, fruit, biscuits and craft (first time free of charge).

Contact: 02380 399658

Swaythling Neighbourhood Centre Toddler Playgroup

Hampton Park Way, off Broadlands Road, Swaythling, Southampton **SO17 3AT**. Community Playlink is a registered charity operating **FREE Toy Libraries** and **Toddler Groups** in Southampton.

Tuesdays & Wednesdays from 10.00-12.00

Saturday from 10:00-12:00

Contact: 02380 335362, 07483 303565

Tiddlywinks at Highfield Church, Highfield Lane, **SO17 1RL**

Fridays From 10.00 am - 11.15 am (term time) £1.50 per family.

A friendly and welcoming place for children to play and make new friends! We want to welcome everyone, whatever their age, relationship to the child, culture, religious background, ethnicity, gender or disability. The first session is free.

Contact: 023 8055 8234

SO18

SCC Family Hubs Information:

The daily event can be found Here: [Citywide What's On Spring Term 2024 \(southampton.gov.uk\)](https://www.southampton.gov.uk/citywide-what-s-on-spring-term-2024)

Activities take place at:

Cutbush, Cutbush Lane, Townhill, **SO18 2GF**

Contact: 023 8091 5480

Footsteps Tots, Grace Hall, Ascension Centre, 1 Thorold Road, **SO18 1HZ**

Mondays from 9.15 am till 11.00 am during term time.

Cost: £2.00 per family parents and carers get a free tea or coffee.

Come and play, make friends, listen to bible stories, play with toys, try crafts, and sing songs together. There's snack time, coffee and company.

Contact: Ruth on 07484 617871

Fireflies at Bitterne Holy Saviour Church (at the far end of Precinct)

Tuesdays and Thursdays from 9.30- 11.am

Free play, crafts, singing, story time and delicious snacks - £1 per family. Booking opens 24 hours before each session - PLEASE MAKE SURE YOU BOOK A PLACE!

Contact: 023 8068 5560

Little Bear Baby Signing at The Ascension Centre, 1 Thorold Road, **SO18 1HZ**

Tuesdays: at the following times:

10.00 am-11.00 am - Big Cubs 12-24m

11.15 am -12.15 pm - Little Cubs 8-13m

12.30 pm -1.30 pm - Baby Bears 2-8m

Cost: £65 for the term

Contact: 07884 075935

Fireflies at Bitterne Holy Saviour Church (at the far end of Precinct)

Thursdays 9.30- 11.am

Contact: 023 8068 5560

Rainbow Tots at Thornhill Baptist Church, Thornhill Park Road, **SO18 5TR**

Thursdays from 10 am to 12 noon.

Rainbow Tots is our popular and friendly parent and toddler group. We welcome parents and carers with pre-schoolers, toddlers and babes-in-arms.

Cost: We charge £2.00 per child per session and 50p for siblings.

Contact: Ellen on 023 8046 4121 Booking is essential.

Stay and Play at Townhill Community Centre, Meggeson Ave **SO18 2FH.**

Every Wednesday from 9-11 Mothers and toddlers' group. £2 per family. Drinks included for children and adults.

Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

SO19

Family Hubs: For daily activities visit: [family-hub-what-s-on-schedule-2024-3-june-to.pdf](https://www.southampton.gov.uk/family-hub-what-s-on-schedule-2024-3-june-to.pdf)
([southampton.gov.uk](https://www.southampton.gov.uk))

Seashell, 60 Foxcott Close, Weston, **SO19 9JQ**

Contact: 023 8043 7866

Blackberry, Byron Road, Thornhill, **SO19 6FH**

Contact: 023 8091 7633

Children's' Activities at Woolston Library, Portsmouth Rd, **SO19 9AF**

Rhyme Time - Mondays at 2.00 pm to 2.30

Story Time - Tuesdays at 10.30 am to 11.00

Toddler Time - Wednesday at 2.00 pm to 2.30 pm

Age: Not specified. During school hours.

Contact: 023 8083 3007

The Crafty Bug Cafe 82 Bridge Rd, Woolston **SO19 7GQ**

Wednesday 9.30 – 11.00. Toddler Club

Thursday 9.30- 11.00 Toddler Club

Fridays 9.30- 11 am Toddler Club

A play and craft area. including paints, colouring, and lots of different messy and sensory activities, including a seasonal art project. £5 includes a hot drink for parents & snack/ drink for each child.

Contact: 023 8044 6525

Mothers and Toddlers Group at Peartree Church Hall, **SO19 7JN**

Tuesdays 9.45 am - 11.30 A safe environment for parent-accompanied play with crafts and play for under 5's.

Contact: Carrie 07740610419 for more information and cost.

Baby Sensory Classes at Salvation Army Church, N. E. Road, Sholing, SO19 8AF and on Thursdays at Woolston Community Centre, Church Road, Woolston, Southampton SO19 9FU During term time on Tuesdays

9:30am-10:30am:0-13 mnths/10:50am-11:50am:0-6 mnths/12:10pm-1:10pm:0-13 mnths

Contact: Southamptoncentral@babysensory.co.uk; or 07831200736

Little Steps Toddler Group at St Mary's Church, St Monica Road, **SO19 8ES**

Wednesdays 9.00 a.m.-11.00 a.m **Cost:** £1 per family (refreshments) Weekly story theme with craft, sensory play, snacks and singing.

Contact: 023 8044 8337

Friday Club at The Hope Centre,7 Drayton Cl, **SO19 9JN.**

Fridays from 9.30 am - 11.00 am (Term Time only)

An informal playgroup for under 5's and their parents/carers.

Contact: Emily on 023 8067 6599

Didi Dance (Net Mums) -at Peartree Church Hall, **SO19 7RT**

Fridays 9.30 am - 10.30 am At Diddi dance we encourage endless enthusiasm and energy in an action-packed, full of fun 45-minute dance class suitable for both boys and girls! programme, carefully designed to enhance the Early Years Foundation Stage

Contact: Andrea 07949458761

Baby Equipment, Toys and Clothing Banks

Baby Equipment

There are two Baby Equipment Banks operating in Southampton:

Baby Equipment Banks:

The [Baby Equipment Bank](#) at Oasis of Life Church takes referrals from agencies in contact with people who need help obtaining baby equipment. The project works in the same way as the SCM Basics Bank – taking in equipment as donations from the public, cleaning and storing it, before giving it away for free to those in need. However, they use their own referral system and network. Hygiene is very important to us, and we thoroughly clean every item we receive to ensure optimum health and safety for the families we donate to. Items that can be sourced from our baby equipment bank include:

Buggies and prams, Cots and mattresses, Bouncers, Car seats, Baby monitors, Bottles, Safety gates, Sterilisers, High chairs And much more...

How to Refer / Contact the Baby Equipment Bank

If you have service users who could benefit from this project, you can refer them directly to the Baby Equipment Bank by making an Equipment Request:

Web: oolbabyequipmentbank.co.uk/equipment

Email: babyequipment@rccgsouthampton.org

Telephone: 07879 236456 (checked and answered Mondays)

Where and When?

Oasis of Life Centre, 118 -120 Lodge Rd, Southampton, **SO14 6QS**

Monday between 11.30 – 12.30

Baby Necessities

[Baby Necessities](#) at no. 16 Basepoint, Romsey Industrial Estate works on a referral only basis from third party professionals such as midwives, health visitors, GPs, social services, and other charity volunteers. The project works in the same way as the SCM Basics Bank – taking in equipment as donations from the public, cleaning and storing it, before giving it away for free to those in need. However, they use their own referral system and network. Referral only from health visitor, midwife, social worker or education provider.

Contact: 07385 893406. If calls are unanswered, please leave a message and someone will get back to you asap.

Web: www.babynecessities.co.uk

Toy Libraries

Community Playlink (CPL) operates Toy Libraries in support of families and their children through play. A Toy Library is a facility where parents, carers and groups can borrow high quality educational toys, sports and play equipment FREE OF CHARGE for their children from 0-14 years of age and beyond who live in Southampton.

How does the Toy Library work?

The Toy Library works like a book library where you borrow a set amount of items and return them within the stated time. You are able to register by simply completing a membership card.

Long term loans can be arranged and advice is given on the type of stock that parents may require. Bulk loans are available for all groups and childminders on a long-term loan.

Toys Available

Community Playlink has a vast stock of every kind of toy and play equipment for children from 0-14 years of age. We cover the full stages of play from the Early Years Foundation Stage (EYFS) to Key Stages 1-3. Also available are toys for children with special needs.

Swaythling Neighbourhood Centre Toy Library 0-14 years

Hampton Park Way, off Broadlands Road, Swaythling, SO17 3AT

On Tuesdays from 10.00 am to 2.00 pm, Wednesdays from 10.00am to 2.00 pm (playtimes are from 10.30 to 11.30), Thursdays 10am to 2.00 pm and Saturday 10.00 am to 12.00.

Contact: 02380 335362, 07483 30356 for information about other CPL Toy Libraries.

Some Family Hubs also provide a Toy Lending Box

Clothing Banks

S.C M. Clothing Bank 1 Thorold Rd, Bitterne Pk, SO18 1HZ.

Wednesdays from 10.00am to 1.30pm. A voucher is needed which are provided by most charities and churches.

Contact: 02380 550 435.

Monthly Clothes Bank at Parklife Café, St James Pk, SO15 5SD

From 10 am - 2 pm, **first Saturday** of every month. Open to everyone, providing brand new clothing for a fraction of the price. All donations go back into the Cafe's free services. Check for post on our Facebook page.

Contact: 023 8077 9765 or info@parklifecafe@gmail.com

For Preloved School Uniforms – contact your child's school reception to find out information.

NEW Clothing Sales at Parklife Café, St James Pk, SO15 5SD

Saturdays, please see Facebook (link below) open to everyone, providing brand new clothing for a fraction of the price. All donations go back into the Cafe's free services.

Contact: <http://www.facebook.com/parklifecommunitycafe>

Adults/Parents Support Groups

Family Information Service (FIS)

The FIS gives advice and support to parents and help for childcare providers.

This includes advice on:

- Nurseries and pre-schools
- Local childminders
- Parenting and family support
- Parents and toddler groups
- Children's health

Free childcare for 2 to 4 year olds

Free early years education is available for all three- and four-year-old children. The offer includes 15 hours per week for all three- and four-year-old children, and 30 hours per week for children whose parents qualify for extended funding. We are also able to offer up to 15 hours per week to eligible two-year-olds.

For more information:

Tel: 023 8036 3309 (please leave a message)

Email: fis@southampton.gov.uk;

www.southampton.gov.uk/earlyyears;

National Breastfeeding Helpline/ breastfeeding drop-ins Activities Parents Support Groups:

Mondays, 1.00 pm- 2:30 Cutbush Children's Centre, Townhill Pk, **SO18 2GF**

Tuesdays, 9:30 - 11:00, Salvation Army, 85 Whites Way, **SO30 2GL**

Thursdays, 9:30 - 11:00, The Ashby Centre, Stratton Road, **SO15 5QZ**

Cost: Free. No need to book or be an NCT member, you can just turn up.

Contact: 02380 540135

Southampton Family Trust: GroBrain Baby Course at the Parent Education Room (Level F) at Princess Anne Hospital, Coxford Rd, **SO16 5YA**.

For parents with babies pre-birth to 12 months. Bring your baby for a two-hour session for parents and parents-to-be covering Bonding and baby brain development, Tuning in to babies' cries and signals, Communication and play, Stress management for parents.

Contact: 023 8021 6003

Bright Beginnings based at **No Limits**, 13 High Street, **SO14 2DF**

This group was set up to help vulnerable young parents aged 17-25 years old to improve all aspects of their health and the health of their baby. We can advise you on the physical care of your child, help you to meet your child's emotional health and encourage a stable, stimulating environment. Your Bright Beginnings Mentor may also encourage you to access other services to help you with your own health needs. Contact: 02380 224 224

Dadz club Stay 'n' Play

Join us in a welcoming and supportive environment designed just for you and your children. It's the perfect opportunity to unwind, and play, every Saturday from 10 am to 11.30 am at Blackberry, Clovelly & Pickles Coppice Family Hubs. See: Family hub locations (southampton.gov.uk)

Families First

Families First Southampton seek to deliver services to all fathers and men who provide care for children in collaboration with other agencies. We are seeking to work with family support organisations whose primary criteria isn't direct work with fathers. We provide an outreach Fathers Worker to work one-to-one with dads to assist them in addressing their identified needs. We will also work with other organisations to establish father friendly drop-ins and support groups.

Fathers Project

Fathers can receive one-to-one outreach support, Support fathers to remain involved in the care of their children, Maintain good communication between fathers and their partners, in the best interests of their child. Reduce fathers' social isolation.

Contact: 07427289813

Weston Lego Family club at Weston Community Library, 68 Weston Lane, Southampton SO19 9HG. On **the last Wednesday of the month** at 3pm - 4.30pm. We particularly encourage Grandparents and Dads to come along.

Contact: 07427289813

Who Let the Dads Out - St James Methodist, St James Road, **SO15 5HE**.

Great food (bacon rolls), tea, coffee and meet other dads

Saturday morning 9.30 to 11.30 once a month usually the second Saturday.

Contact: Brian: 02380321303

Swimming Classes:

Baby Swim Parent & Baby session at Red Lodge Pool, Vermont Cl, Bassett, **SO16 7LT**

Baby Class (Under 16m):

Monday 10.30 a.m & 3.00pm; Wed 9.30 am and 10.30 am Sunday 3.00 pm & 3.30 mixed age

Toddler Class (16m-3yrs): Monday 3.30; pm Wednesday 10.00 am Sunday 3.00 and 3.30 pm and 4.00pm

Preschool classes (3-4yrs): Monday 10.00 am

Mixed-age classes (8m-3yrs): Sunday 3.30pm

Contact: 023 8076 8209 or 07702177036, babyswimuk@gmail.com for costs/booking information.

Baby Squids

Come and join us in the pool for the new term! We sing, we play, we explore! Our classes are small and friendly, and we are all about water confidence and enjoying the aquatic environment. We introduce little ones to early swimming skills and safety in the water, and have the most passionate and enthusiastic teachers. Choose from four centrally located pools in Southampton.

To find out more/book please visit: <https://www.babysquids.co.uk/baby-toddler-swimming.../>

Contact: 07702 133039



SO:Linked

Supporting Southampton People & Communities

#4 Children's Activities and Clubs for 4-16 years in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

The following is a compilation of the various activities for parents to find clubs, activities or support.

Table of Contents

1. Clubs or activities for Primary Aged Children in Postcode Order
2. Squirrels, Beavers, Cubs, Scouts, Explorers and Brigades
3. Holiday Activities in all postcodes
4. Toys and Clothing Libraries
5. Support for parents and grandparents

National Helpline: **Childline**

Online advice about bullying, binge eating, anxiety, suicidal feelings, grooming and many other worries. You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.

Contact: 08001111

1.Clubs and Activities for Children and Teenagers

SO14 and available for all postcodes Creative Teaching Opportunities

Mayflower Junior Youth Theatre at MAST Mayflower Studios

SAINTS Café

142 - 144 Above Bar Street, **SO14 7DU**

When: Saturdays 10.00 a.m. - 11 a.m - for children 7-11

These exciting Saturday morning sessions will inspire children aged 7-11 with the world of drama and theatre. Participants will expand their imagination by exploring characters, stories, script work, props and drama performances, all while making new friends in a fun and positive environment.

Cost: The fee for the term is £120 (Bursaries are available). Term fees are to be paid in full before the start of term or in three instalments. Each session is £12. Please book your bursary place directly through the box office on 02380 711811 and complete the bursary form online.

Contact: 02380 711811

Mayflower Junior Writers for years 3-6 at MAST Mayflower Studios, 142 - 144 Above Bar Street, **SO14 7DU**

When: Saturdays 9.30 - 11.00 a.m.

These sessions are free but we are looking for commitment. All workshops are suitable for beginners and advanced writers. Participants will explore creative writing through workshops on topics like characterisation, dialogue, setting and plot, as well as through practical exercises. Writers will work across genres including non-fiction, fiction, poetry and script-writing.

Cost: Free (if accepted). Mayflower Junior Writers is now sold-out. You can [email us](#) to add your name to our waiting list and you will be notified if a place becomes available. **Contact:** 02380 711811

Mayflower Young Writers at MAST Mayflower Studios, 142 - 144 Above Bar Street, **SO14 7DU**

Saturdays 11.15 am - 1.30pm for 7–9-year-olds.

Participants will explore creative writing through practical exercises and workshops on topics like characterisation, dialogue, setting and plot. Writers will work across genres including non-fiction, fiction, poetry and script-writing. Free (if accepted).

Contact: 02380711811

Mayflower Theatre and Cityeye Young Filmmakers for years 8-13 at MAST Mayflower Studios, 142 - 144 Above Bar Street, SO14 7DU

This exciting opportunity gives you the chance to work with film and digital company City Eye, to develop your technical skills, confidence, and creativity through film. An exciting time to gain experience of a filmmaker's life. You will be guided through weekly sessions to explore the filmmaking process looking at script writing, story boarding, filming and editing.

When: Wednesday 6.00-7.30pm (term time only)

Cost: Term fees: £60 for the whole term paid at time of booking or in two instalments. First payment of £30 to be paid at time of booking. A bursary rate is available at £30 for the whole term. Please email City Eye or complete an online contact form for further information. <http://www.city-eye.co.uk/contact.html>

Contact: 02380711811 email: admin@city-eye.co.uk

St Mary's Church on Chapel Road!

Fortnightly on a Tuesday from 4-6pm. It is a drop-in café for anyone in Year 9 and above. We have hotdogs, hot chocolates, board games, Fifa, Nintendo Switch, bracelet making, football, homework and SO MUCH MORE. SAINTS Café is open for anyone in that age group and we want it be a safe empowering space for young people to come and feel like they belong.

Contact: hello@saintmarys.church or call 07796422481

Board in the City 38-40 Onslow Rd, Southampton SO14 0JG

Days: Mondays, Thursdays and Fridays 4.00 pm - 7.00 pm

Board Games and Activities for all ages.

Cost: Entry is now £2 (5-16 years old), adult entry is £4 (but no charge if not playing games) Kitchen is open from 5.30pm on these days but sweets & snacks are always available.

Please note children under 14 are unable to be left unattended

Refreshments: Drinks/light meals are available from 5.00 pm.

Contact: 023 81783 240, or email: info@boardinthecity.co.uk

Mini Monets at Southampton City Art Gallery, Commercial Road, Southampton, **SO14 7LP**. Monthly art club with artist Debra Marsh to experiment with different art styles, techniques and materials in a fun and accessible way; a great way to encourage your child's creativity without making a mess at home!

Who: 4 - 6 Year-Olds

When: One Saturday a month 10:30am - 11:30am

This session is designed for parents to do with their children. While the activities are aimed at 4 - 6 year olds, siblings of other ages may also enjoy it and you are welcome to book a place for them.

Cost: Child Ticket £7.50. Free accompanying adult ticket.

Booking Essential. <https://www.wegottickets.com/f/12818>

Contact: 023 8083 4536 art.gallery@southampton.gov.uk

The Young Ones at Southampton City Art Gallery, Commercial Road, Southampton, **SO14 7LP**.

Join artist Harriet Bilton at our monthly art club to experiment with different art materials, processes, and ideas; inspired by the Gallery's collection and the exhibitions on show.

You are welcome to drop your child off for this session, or to stay and enjoy it with them. We are still carefully monitoring numbers as our education room is an enclosed space, so please limit your free accompanying adult tickets to one per booking.

Who: 7-13 year olds

When: One Saturday a month (see website for dates) 11.30- 12.30pm.

Cost: £12 per child, accompanying adults free.

Contact: 023 8083 4536 art.gallery@southampton.gov.uk

Essential booking online. <https://www.wegottickets.com/f/12753>

S015

The Quays Swimming/Diving Complex, 27 Harbour Parade, **SO15 1BA**

Mons, Tues, Weds, Thurs, Fridays, at 06.30 - 21.00

Saturdays, Sundays and School Holidays: 08.00 - 18.00

Offers swimming and gymnastics classes. Mini aquapark.

Contact: 023 8072 0900

SF Coaching After-School Club at Goals, Third Ave, Millbrook **SO15 0JZ.**

Thursdays 4:30-5:30 & 5:30-6:30. Block booking per 7 week term.

Who: Age 6yrs and over (Nov-Dec 2022)

Cost: £52.50 for block booking.

Online booking essential at <https://sfcoaching.simplybook.it/v2/>

Contact 02380 510 666 Email: southampton@goalsfootball.co.uk

Saints "Kick" at Goals Third avenue, Millbrook **SO15 0JZ.**

Free, fast-flowing football. Aimed at 8–18-year-olds, strives to bring young people together to play sport whilst socialising with friends.

When: Thursdays 5.30-6.30pm

Cost: Free

Contact: 07754 557852

Sound Pop Academy at Richard Taunton College, Hill Lane, **SO15 5RL.** Being a member of Sound Pop Academy is pretty special. We run sessions every week (during school term times) whilst offering additional performance opportunities, social events, and trips. We pride ourselves on providing affordable first-class tuition for young people who want to grow musically, perform in awesome shows and make incredible like-minded friends. At Sound Pop Academy, we work our members hard (whilst having lots of fun) to be 'performance ready'. This means that we can perform in some of the south's biggest gigs, such as festivals and theatre shows.

Free taster session: <https://www.soundpopacademy.co.uk/book-online/>

When: see website

Who: 3 to 5 years 6 to 9 years and 9 years to 17 years

Cost: see website

Contact: [02382 547324](tel:02382547324) Online contact form:

<https://www.soundpopacademy.co.uk/contact/>

Kids Club at The Salvation Army, Victor Road, Shirley, **SO15 5LH. Fridays** 6.15-7.30p.m. (Term Time Only).

Who: School year 1-6

Contact: [02380 771655](tel:02380771655) email: southampton.shirley@salvationarmy.org.uk

Connect Youth club at The Salvation Army, Victor Road, Shirley, **SO15 5LH.**

Fridays 7.45-9.00p.m. (Term Time Only).

Who: School year 7-11

Contact: [02380 771655](tel:02380771655) email: southampton.shirley@salvationarmy.org.uk

Soccer School on Saturdays at Goals, Third Ave, Millbrook **SO15 0JZ.**

Tots sessions from 9.30 (ages 18 months - 4yrs)

Beginners sessions 9.30 & 10.30 (age 5-8yrs)

Intermediate & Advanced sessions 10-11.30 (up to 14yrs)

Online booking is essential via website to guarantee a space.

<https://sfcoaching.simplybook.it/v2/>

Cost: £6 per session

Free Family Lego Sessions at Parklife Café, St James Pk, SO15 5SD

Sundays 12.30 pm - 2 pm held in the community room

No need to book. Refreshments available in the café

Contact 023 8077 9765 or info.parklifecafe@gmail.com

SO16

Oasis Community Hub is on Romsey Road **SO16 8FA**

Oasis offers Leisure Facilities, Pre-school, Farm, Holiday Activities, Adult Learning, Saints Champion, Secondary School.

Contact: 02380739797

The Oasis Southampton City Farm is just off Green Lane and is open to the public every Saturday and Sunday 11am-4pm offering a wide range of activities and animal handling experiences. If you or your family fancy trying something new, pop down and speak to us about the fantastic opportunities we can offer.

See website for details: www.southamptoncityfarm.com

Cost: £3 for Adults and for £2 Children (under 2's free).

All under 16's must be accompanied by an adult.

Contact: 023 8052 2706 Email: southamptoncityfarm@oasisuk.org

The Oasis Southampton City Farm Cafe at Green Lane **SO16 9FQ**

We have a cafe which is open every Saturday and Sunday from 11-4 with hot drinks, cold drinks, home-made cakes and snacks. There are also games, puzzles, colouring in and lego for the children. just off Green Lane and is open to the public every Saturday and Sunday 11am-4pm offering a wide range of activities and animal handling experiences. If you or your family fancy trying something new, pop down and speak to us about the fantastic opportunities we can offer.

See website for details: www.southamptoncityfarm.com

All under 16's must be accompanied by an adult.

Contact: 023 8052 2706 Email: southamptoncityfarm@oasisuk.org

Southampton Alpine Snowsports (Active Nation) Donutting, Sledging and Skiing at Alpine Snowsports Southampton, Thornhill Road, Bassett, Southampton, **SO16 7AY.**

DONUTTING - Our 1-hour Donutting sessions are the perfect way to entertain both the adults and the Kids! With no experience needed and just the attitude to have fun, everyone can enjoy Donutting! Everyone is welcome... as long as you're over 6 years old.

SLEDGING - Perfect for the little ones, this is located on our Learner Slope, Sledging offers the same thrill but for younger children between the age of 3-8 years.

Not wanting to leave anyone out our Sledging and Donutting slopes are right next to each other. So if you have a family of differing age ranges, we've got you covered!

Cost: £15 per child

SKIING - JUNIOR LEVEL 1 DISCOVER SKIING

During this level, you will experience and introduction of equipment, introduction to the ski way code, walking on and exercises on flat ground and side stepping up the hill. You will also work on straight running and exercises for balancing, all from the learner slope. The maximum people for level 1 is 6 per session.

Who: The age range for Level 1 is 8-16 years.

Cost: 4 to 10 years £16 per session 8 to 16 years £25 per session

Contact: 02380707815 Online Booking Essential.

<https://activenation.org.uk/venues/alpine-snowsports-southampton;>

Testlands Hub, located on Green Lane, **SO16 9FQ**

Testlands provide a number of sports activities and soft play areas.

Wellbeing Memberships – Gym & sports hall usage is free (when available) for 11-17 year olds.

Further Details: <https://www.testlands.com/the-gym>

Contact: 02382026700 email: contactus@testlands.com

The Powerhouse, The Outdoor Sports Centre, Thornhill Road, Bassett, Southampton, **SO16 7AY** The Powerhouse is our newest addition to Southampton's exercise experience! If you love obstacle course racing, outdoor fitness, bootcamps and functional training.

Online Booking Essential. <https://activenation.org.uk/venues/powerhouse/>

Contact: 0300 020 0135

Saints "Kick" at Cantell School on 73 Violet Road, **SO16 3GJ**

Free, fast-flowing football. Aimed at 8-18 year olds, strives to bring young people together to play sport whilst socialising with friends. We kick off on weekday evenings across the city during school term time, whilst holding our Street Games during the school holidays.

Who: Mixed 11–17-year-olds

When: Friday 6.30-8.00pm

Cost: Free

Contact: 07754 557852

Saints "Kick" Redbridge Community School, Cuckmere Rd **SO16 9RJ**

Who: Females only 11-16 years

When: Mondays 4.30 -5.30pm

Contact: 07754 557852

Saints "Kick" Redbridge Community School, Cuckmere Rd **SO16 9RJ**

Who: Mixed 11-18 years

When: Fridays 7.00 – 8.30pm

Contact: 07754 557852

Winter Warmer After-School Supper Club at Pickles Coppice, **SO16 9QX**

From 3.30 to 6pm. Come and join us for a hot meal and chat over winter.

Contact: Family Hub on 023 8054 0135

Stick Together at Lordshill Library, **SO16 8HY**

When: Saturdays from 10.30 - 12.00

Cost: Free. No need to book.

Contact: Caroline at 02380 915605

Southampton Gymnastics Club at Redbridge Community School, Cuckmere Lane, **SO16 9AR.**

Recreational Gymnastics - following on from our Pre-School programme, one-hour classes. The sessions consist of learning the basic shapes and movements of gymnastics, including learning skills on a variety of apparatus across the gym.

Recreational Rookies:

Who: Aged 4 (*Must be in full time school*) to 7 years

When: Monday-Thursday 4.00 - 5.00pm, Saturday 12.00pm - 2.00pm

Recreational Springers:

Who: Aged 7+

When: Monday to Thursday 5.00pm - 6.00pm, Sat 2.00pm - 3.00pm

Registration Essential. If you would like to register for one of our Recreational classes (some classes have waiting lists), please complete an online registration form. Once a space is available, you will receive an

<https://www.sotongym.co.uk/email> to invite your child to a taster session. All information will be included on the email. <https://www.sotongym.co.uk/>

Contact: 023 8052 9952 email: admin@sotongym.co.uk

Junior Golf Coaching at Southampton Municipal Golf Course, Golf Course Rd, **SO16 7LE.** Equipment is supplied and all abilities welcome.

Who: 8- to 16-year-olds

When: Tuesdays and Thursdays and Junior golf coaching is covered by half an hour one to one sessions.

Cost: £10 per session

Contact: 023 8076 0546 (Paul)

Email: southampton.golf.course@southampton.gov.uk

Tiger Taekwondo at MP3, Evenlode Road, Millbrook, **SO16 9RS.**

When: Various times Monday - Saturday. All class times can be found on the website. <https://www.tigertaekwondo.co.uk>

Cost: £6 per session or £30 for unlimited monthly training. We have an online booking system via the sport easy app.

<https://www.sporteasy.net/en/join/6G31XXH/>

S017

Highfield After School Club at The Scout Hut, 51 Brookvale Road, Highfield, **S017 1QS**

When: Weekdays 3.15 pm - 6.00pm. Pick up from Highfield Primary School. Open to local children at other schools. At present we have no space but we are happy to place your child/children on a waiting list and will let you know when space becomes available.

Cost: £12.00 per session.

Contact: 07842 771647

Highfield School of Dance at Residents Gardens, Abbots Way, Highfield, **S017 1QU.**

The Highfield School of Dance welcomes both boys and girls aged between 2½ years to teenage of varying abilities from beginners to advanced. So please come along for a FREE trial class. We hope that with careful teaching each child can realise their talents and build upon them, whether they choose to dance professionally or just for fun. The school offers classes in RAD Ballet, Tap and Dance Mix.

Who: 2½ years to teenage

When: Wednesday

3.45-4.10pm Pre-Primary Ballet

4.15-4.55pm Primary Ballet

5.00-5.55pm Grade 1 Ballet

6.00-6.55pm Grade 3 Ballet

Cost: From £5 per class

Contact: 07747 466472 email: highfieldschoolofdance@outlook.com

S018

Bitterne Leisure Centre, Dean Road. Bitterne, **SO18 6AQ** has classes in swimming/gymnastics

Contact: 023 8043 7647

Youth Group at Bitterne Park Baptist Church, 49 Oaktree Rd, SO18 1PH.

When: Thursdays between 6pm to 7pm during term time.

Who: Key Stage 2 children

Cost: Free

Contact: 07447077019

Kyudokan Goju Ryu Karate Do Bitterne Leisure Centre, Dean Rd. **SO18 6AQ.**

Kyudokan Goju Ryu Karate Do is an established karate school of many years standing. The Kyudokan has represented the traditional values of karate and is one of the very few in the UK still teaching authentic Japanese karate. Free trial available book online: <https://www.kyudokan.co.uk/free-trial-session/>

When: Fridays 7.00-8.00pm

Who: 5–16-year-olds

Cost: Single Member Monthly Membership (Junior or Senior) £45

Contact: <https://www.kyudokan.co.uk/contact-us/>

Woodmill Outdoor Activity Centre, Woodmill Lane, Southampton **SO18 2JR**

Whether you fancy a paddle on The River Itchen, or you want to test your limits on an adrenaline-filled High Ropes Course... Your adventure awaits at Woodmill.

Booking Essential.

Further Details: <https://activenation.org.uk/venues/woodmill/adventure/>

Contact: 023 8043 9185

Saints "Kick" at Woodlands Community College, **SO18 5SW.** Sporting activities for young people.

Who: 11-18 years

When: Fridays 7.00-8.30pm

Cost: Free

Contact: 07754 557852

DAD'S LEGO CLUB The Old Chemist, 16 Manor Farm Rd, **SO18 1NP.**

Build quality Dad time with your kids on the first Saturday of each month. Dad's lego breakfasts include a bacon roll, coffee, juice and a ridiculous amount of Lego!

When: **First Saturday** of every month 10.00 am - 12.00 am

Who: Dads and primary aged children

Cost: £1.00 per head

Contact: 023 8055 6955

BFG Thornhill Baptist Church, Thornhill Park Rd, **SO18 5TR.**

Big Friendly Group is an hour of high energy fun and games, crafts, active games, board games, console games and sports (usually football) in a safe, fun and affirming environment. We usually finish with "The Big Idea", a very brief thought for the day, and drinks and snacks.

When: Fridays 6.00 pm - 7.00 pm (Term time)

Who: Primary school aged children.

Cost: 50p donation

Contact: 023 8046 4121

EDGE+ at Townhill Comm. centre, 121-123 Meggeson Ave **SO18 2FH.**

Children of all ages are welcome, (under 12's with their parents) games, crafts, make new friends, Storytime, fun and **a meal**. Open to all!

When: 4.00pm - 6.00pm **Every 2nd and 4th Sunday of the month.**

Cost: Suggested donation 50p per person, £2 a family.

Contact Ruth on 07484 617871 or ruth@ascensionsouthampton.co.uk

Youthy at Thornhill Baptist Church, Thornhill Park Road, **SO18 5TR.**

Youthy is our Friday night venue for young people in year 7 and above. Some weeks it's totally chilled out with Wii games, table tennis and plenty of time and space to chat and just hang out. Other weeks we have a mixed program of activities: from the hilarious and crazy to the creative to the just plain weird. There's usually a lot of food involved too!

When: Fridays 7.30-9.00pm

Who: Year 7 to Year 13

Cost: 50p per session

Contact: 023 8046 4121 email: office@thornhillbc.org.uk

S019

Sammys School of Dance at Oasis Academy Mayfield, Ashley Crescent, Sholing, **SO19 9NA**. Monday to Saturday Sammys School of Dance is your child's opportunity to make new friends, learn new skills, explore their inner passion for creativity and achieve their potential across all styles of Dance, from classical to jazz we have something for everyone. Sign up today and receive a FREE two-week trial in any class: Age: 3 years+ Visit:

<https://www.sammysdance.co.uk/>

Contact: 07909 444 871 Email: ssd.dance2012@gmail.com

Chamberlaine Leisure Centre on 150 Weston Lane, Southampton, **SO19 9SJ** offer classes in swimming and gym.

Contact: 023 8043 7668

Karate Classes at Merryoak Community Centre, **SO19 7JY**.

When: Every Sunday from 10.30-12.00 Age: 5 years+

Cost: £6.50 per class with family discounts

Contact: 0800 999 1038 e-mail: admin@skakarate.org.uk

Kyudokan Goju Ryu Karate Do at Chamberlaine Leisure Centre, 150 Weston Lane, **SO19 9SJ**.

Thursdays 18:0 -19:00, 19.00-20.00 Juniors / Seniors: All grades

David Morris runs an established karate school for 5–16-year-olds

Cost: Single Member Monthly Membership (Junior or Senior) £45

Contact: 0845 658 8360

Sticking Together Childrens' Craft Activities **at Woolston Library**, Centenary Quay, Victoria Road, , **SO19 9EF**.

When: Saturday mornings 10.30 am -noon

Who: Ages 3-11 years

Cost: Free – just turn up!

Contact: 023 8083 3007 email: library@southampton.gov.uk

After School Lego Club at Thornhill Community Library, 328 Hinkler Road, **SO19 6DF** School aged children

Wednesdays from 3.15 - 4.15 pm Booking essential.

Contact: Astrid Vaswani on 07952 904052

or Email: astrid@thornhillbc.org.uk

Veracity Kids Club at the Veracity Rec. Changing Rooms, Merryoak Rd, SO197QR

WHEN: Thursdays 3:30-4:30pm (term time only).

WHAT: Seasonal nature crafts, sports, games, and fun (aimed at yrs R-6).

All free. All outdoors so cannot go ahead in extreme weather.

Check facebook.com/VeracityRec for updates.

Holy Trinity Youth Activities For more info: Contact Matt on 07872 852 816

Boulder Gang At Holy Trinity Church, Weston **SO19 9HG**

Mondays 3:15 - 5:00

Ages 7-11/ Year 3-6

Connect Youth Group At Holy Trinity Church, Weston **SO19 9HG**

Tuesdays 4:15 - 6:00 (First hour is 'open access')

Ages 11-16/ Year 7-11

Resilient Kids At the Venny (Weston Adventure Playground) **SO19 9QE**

Tuesdays 3:45 - 5:00

A referral-based group focused on improved mental health, resilience, social skills, and self-esteem

Rock Solid At the Venny (Weston Adventure Playground) **SO19 9QE**

Wednesdays 4:30 - 6:30

Children (Ages 7-11/ Year 3-6)

The Venue At the Hope Centre, Drayton cl, **SO19 9JN**

Thursdays 8:00 - 9:30

Ages 15-18/ Year 11-13

Contact: (Follow @thevenue_wcyp on Instagram)

2. Squirrels, Beavers, Cubs, Scouts, Explorers and Brigades

Scouts and Brigades is where young people make new friends, have amazing adventures, and learn new skills.

Everyone's welcome here. All genders, races and backgrounds. Regardless of your child's physical ability – there's a Scout adventure out there waiting for them. And we'll help them find it.

Further Information: <https://www.southamptoncityscouts.org.uk/>

Scouts Groups are put into 4 age groups:

- 1) Squirrels - Ages 4 to 5 years old
- 2) Beavers - Ages 6 to 8 years old
- 3) Cubs - Ages 8 to 10.5 years old
- 4) Scouts - Ages 10.5 to 14 years old
- 5) Explorers – Ages 14 to 18 years old
- 6) Boy's Brigade/Girl's Brigade

For information on any of these groups, call 0345 300 1818

S014

- **Northam** (25th Sea Scouts) Crosshouse Rd, Chapel **S014 5GZ**

Beavers Ages: 6–8 years. Mondays 6.45pm to 7.45pm

Cubs Ages: 8–10½ years. Tuesday: 6:30pm–8pm

Scouts Ages: 10 1/2 to 14. Thursday: 7pm–9pm

Explorers Ages: 14–18 on Wednesday 7.00–9.00pm

S015

- **Freemantle** (11th) at Scout Association, Kentish Road, **S015 3GX**

Beavers Ages: 6–8 yrs. Monday: 5.30–6.30 pm

Cubs Ages: 8–10½ Tuesday: 6.30–8.15 pm

Scouts Ages: 10 1/2 – 14. Thursday: 6:45pm–8:45pm

- **Shirley** (2nd Shirley) at Ridding Close, **S015 5PJ**.

Squirrels Ages: 4–5 on Tuesday: 5:00–6:00pm

Beavers Ages: 6–8 on Thursday: 6.00–7.15 pm

Cubs Ages: 8–10½ on Wednesdays: 6.30–8.15pm

Scouts Ages 10½ to 14 years Tuesday or Friday 7:00–9:00pm

Explorers: Ages: 14–18 on Monday 7.00–9.00pm

- **Regents Park** (22nd Southampton) at Whitehouse Gardens, **SO15 0SB**

Beavers Ages:6–8 yrs. Monday 6.00–7.15pm

Cubs Ages: 8–10½ on Tuesday: 6:45pm-8:15pm

Scouts Ages: 10 1/2 – 14. Thursday: 7:00-9pm

Explorers: Ages: 14-18 Wednesday 7.00-9.00pm

- **Upper Shirley (4th Southampton) Boys/Girls** Brigade St. James Road Methodist Church, St. James Road, Shirley, **SO15 5HE**

Age: 5-18 years.

Anchor (5-8 yrs) Friday 5.00-6.15

Junior (8-11 yrs) Friday 6.30-8.00

Company (11-14) Friday 7.00-9.00

Seniors (15-18 yrs) Friday 7.00 – 9.00

Contact: 02380771515 Further Details: <https://4thsoton.co/>

SO16

- **Aldermoor** (1st Southampton) at 1 Lyburn Cl, Southampton **SO16 5JR**

Beavers Ages: 6-8 Thursday: 6:00-7.15pm

Cubs Ages: 8 – 10 ½ Tuesday: 6.30-8.00pm

Scouts Ages: 10 1/2 to 14 Wednesday: 7.00-9.00pm

- **Shirley Warren** (9th – Shirley Warren) – at Bindon Rd, **SO16 6TA**

Squirrels Ages: 4-5 Thursdays 5.00-6.00pm

Beavers Ages:6 to 8 Monday: 6:00-7.30pm

Cubs Ages: 8 to 10½ Wednesday: 6:30-8:15pm

Scouts Ages10 1/2 to 14 Tuesday 7.00-9.00 p.m

- **Bassett** (7th -Bassett) at Vermont Close, **SO16 7LT**

Beavers Ages: 6 – 8 Wednesday: 6:00 -7.15 pm

Cubs Ages: 8 – 10 ½ Thursday: 6:30pm-8:15pm

Scouts Ages: 10.5 -14 Tuesday: 7pm-8:30pm

- **Millbrook:** (13th Millbrook **Sea Scouts**) at Canford Close **SO16 9JA**

Sea Squirrels Ages: 4-5 Wednesday: 5:15-6.15pm

Sea Beavers Ages: 6 to 8 Thursday: 5:45-7.00pm

Sea Cubs Ages: 8 to 10½ Wednesday: 7:00-8:30pm

Sea Scouts Ages10 1/2 to 14 Monday 7.00-9.00pm

S017

- **Highfield** (14th – Highfield) at 51 Brookvale Road, **SO17 1QS**
Beavers Ages: 6–8 Wednesday 5:45-6.45pm
Cubs Ages 8–10½ on Tuesday 7:00-8:30pm
Scouts Ages: 10 1/2 – 14 Wed 7.30pm-9pm and Fri: 7:00pm-9:00pm
Explorers (Kraken) Ages: 14-18 Thursday 7.00-9.00pm
- **Portswood (29th Portswood)** 44-50 Brickfield Rd, **SO17 3AE**
Beavers Ages: 6–8 on Wednesday 6:00-7.30pm
Cubs Ages: 8–10½ on Tuesday 6:30-8:00pm
Scouts Ages: 10 1/2 – 14 on Friday 7:00-9:00pm

S018

- **Swathling** (26th Swathling) at Church Hall, St. Mary's Church Close **SO18 2ST**
Beavers Ages: 6 – 8 Wednesday 6:00-7.15 pm
Cubs Ages: 8 – 10 ½ Friday 6:00-7:30pm
Scouts Ages: 10 1/2 – 14 Friday 7:45-9:15pm
- **Bitterne Park** (8th Itchen North – Bitterne Park) at United Reformed Church, Cobden Avenue, **SO18 1FX**
Beavers Ages: 6-8 Thursday 6.00 -7:15pm
Cubs Ages: 8-10½ on Monday 6.30 - 8.00pm
Scouts Ages: 10 1/2 – 14 Thursday 7:30-9:15pm
- **Bitterne** (3rd Itchen North - Bitterne) Gordon Hall, Brook Road, Bitterne, **SO18 6AZ**
Squirrels Ages: 4–5 Wednesday 5.00 – 6.00pm
Beavers Ages: 6–8 Tuesday 5.30-6:45pm
Cubs Ages: 8–10½ Wednesday 6.30-8.00pm
Scouts Ages: 10.5 to 14 Tuesdays 7.15 - 9.15pm
Explorers Ages: 14-18 Wednesdays 8.15-10:00pm
- **Harefield** (23rd Itchen North – Kanes Hill) at "Senak" Scout HQ, Bramdean Road, Harefield, **SO18 5HU**
Squirrels Ages: 4-5 years Saturdays 09:30-10:30a.m
Beavers Ages: 6-8 Mondays 6.00-7.15pm
Cubs Age: 8-10½ Wednesdays 6.30 to 8.15pm
Scouts Ages: 10.5 to 14 Tuesday 7.00 - 9.00pm

- **Townhill Park** (28th Itchen North) Townhill Park Com. Centre, Meggeson Avenue, **SO18 2FH**

Beavers Ages:6–8 Wednesday 5.30 to 6.30pm

Cubs Ages: 8–10½ Wednesdays 6.45 to 8.15pm

Scouts Ages: 10.5 to 14 Monday 7.00 - 9.00pm

- **Swathling** (26th Southampton - Swathling) at Church Hall, St Mary's Church Close, **SO18 2ST**

Beavers Ages: 6 – 8 Wednesday: 6:00-7.15 pm

Cubs Ages: 8 - 10 ½ Friday 6:00-7:30 pm

Scouts Ages: 10.5 to 14 Friday 7.45 - 9.15pm

- **Bitterne Boys Brigade & Girls Association** at Bitterne United Reform Church, Bitterne Precinct, **SO18 5EF**

Boys and Girls Brigade (2nd Southampton)

All age groups Mondays 6.15 – 7.45 and 7.30 to 8.30

Further Details: <https://www.facebook.com/2ndSouthamptonBoysBrigade/>

Contact: 07817 154062

SO19

- **Woolston** (1st Itchen South) at Porchester Rd, Woolston **SO19 2JA**

Beavers Ages:6–8 Monday 6:00 - 7:15pm

Cubs Ages: 8–10½ Wednesday 6:30pm – 8.00pm

Scouts Ages: 10.5 to 14 Thursday 7.00 - 9.00pm

- **Woolston** (9th Itchen South – Sea Scouts) at Woolston Methodist Church, Manor Rd North, Woolston, **SO19 2DU**

Sea Beavers Ages: 6–8 Thursdays 5.45 – 6.45 pm

Sea Cubs Ages: 8–10½ Wednesdays 6.30- 8.15pm

Sea Scouts Ages: 10.5 to 14 Tuesday 7.00 - 9.00pm

- **Sholing** (14th Itchen South St Mary's) at 14 Itchen South Scout HQ, Spring Road, Sholing, **SO19 2NZ**

Beavers Ages: 6–8 on Thursday 6.15 -7.30pm

Cubs Ages: 8–10½ on Monday 6.00 - 7.30pm

Scouts Ages: 10.5 to 14 Wednesdays 6.45-8.45pm

- **Weston** (11th Itchen South – Weston) Tickleford Drive, Weston, **SO19 9QP**

Beavers Ages: 6-8 Mondays 6:00 -7.30pm

Cubs Ages: 8 -10 ½ Tuesdays 6.30 - 8.00pm

Scouts Ages: 10.5 to 14 Wednesdays 7.00-8.45pm

3. WEEKEND/HOLIDAY ACTIVITIES

Activities are free of charge or a set fee by not-for-profit groups to cover their expenses.

Southampton Parks and Nature Areas

Enjoy these following parks and natural green areas:

SO14: Houndwell Park, Hogland's Park, Queens Park, East Park, West Park, Palmerston Park, Mayflower Park, Watts Park, Mount Pleasant Park, Town Quay Park

SO15: St James Park, Freemantle Lake Park, Millbrook Rec, Shirley Pond Park, Little Mongers Park

SO16: Green Park, Mansel Park, Bakers Drove (Sports), Nursling Foundation (wildlife), Olive Rd (wildlife), Cedar Lodge Play area, Bassett Wood Green.

SO17: Southampton Common, Portswood Rec

SO18: Riverside Park, Thornhill Park Road play area, Octavia Road Park, Bitterne Manor (Roman Ruins), Deep Dene play area, Frog's Corpse (Meadow), Hum Hole (Wildlife), Woodmill (water activities) Chessel Bay (Wildlife)

SO19: Mayfield Park, Merryoak Veracity Ground, Peartree Green, Weston Rec, Weston Shore, Hinkler Green, Archery Rec., Donkey Common, Sullivan Rd Park, and Butts Rd Play area.

SO31 5DQ Royal Victoria Country Park (It comprises 200 acres (81 ha) of mature woodland and grassy parkland, and a small shingle beach.)

Swimming pools

Bitterne Leisure Centre, Dean Road. Bitterne, SO18 6AQ

Every school holiday, we run children's activity camps at our venues. The camps are designed to keep your children active and engaged during the school holiday periods, making sure they spend some valuable time away from the TV and games consoles and doing some more fun and energetic things!

Contact: 023 8043 7647

Chamberlayne Leisure Centre, on 150 Weston Lane, SO19 9SJ

They offer fun holiday activities for primary aged children

Contact: 023 8043 7668

Holiday Schemes

Peartree Church, 80 Pear Tree Road, Bitterne, **SO19 7RT**

They run various messy church events which are always fun with loads of activities during school holidays.

Visit: <https://www.peartreegreenurc.org.uk/community.htm>

Contact: 023 80433820

SeaCity Museum, Civic Centre, **SO14 7FY**. Holiday Activities.

Museum Opening times: Mon-Sun 10am – 5pm (Last entry 3.30pm)

Cost: Check website for details. Booking Essential.

Contact: 023 8083 2020 museums@southampton.gov.uk

HAF School Holiday Activities (Holiday Activities and Food Programme)

All children in Southampton who receive benefits-eligible Free School Meals, will be eligible to attend a holiday programme. The programme funded by SCC will cover 6 weeks over the Easter, Summer and Christmas holidays. Southampton City Council have been working with key partners across the city to provide free holiday provision, including healthy food and enriching activities.

Further Details: <https://www.southampton.gov.uk/schools-learning/support-education/haf/haf-scheme/>

School Holiday Activities at Crafty Bug Café, 82 Bridge Rd, Woolston **SO19 7GQ**

Further Details: <https://www.facebook.com/thecraftybugcafe>

Contact: 07393726486 email: thecraftybugcafe@gmail.com

Oasis Academy Community Hub Romsey Rd **SO16 8FA**

Holiday activities during school holidays.

When: School holidays 9.00 a.m. - 3.00 p.m.

<https://www.oasisacademylordshill.org/community/out-of-hours/holiday-activities>

or Contact: 023 8039 3660

Holiday Club at **Testlands Hub**, located on Green Lane, **SO16 9FQ**

Testlands Holiday Club is an Ofsted registered childcare provider in Hampshire. We pride ourselves on providing childcare which centres around family working commitments, the child's social and emotional development and reducing the poverty of opportunity young people face.

Further Details: <https://www.testlands.com/holidayclub>

Contact: 02382026700 email: contactus@testlands.com

Holiday Activities on the Water at Southampton Water Activities Centre, Floating Bridge Road, Southampton, **SO14 3FL** Our action-packed programmes are full of fun, enjoyment and learning - and most follow the highly regarded RYA Youth Sailing Suitable for everybody and cater for Beginners through to Advanced sailors! Speak to a member of our lovely Sales Team to find out more!

Age Range: 8 to 13 years of age During school holidays.

Cost: £59 per day. We also accept childcare vouchers as payment.

Contact: 02380439180 email: info@swac.co.uk

Outdoor Activities

Youth Onboard Sailing Club at Southampton Water Activities Centre, Floating Bridge Road, Southampton, SO14 3FL.

This is the perfect way to gain experience and time on the water after completing the Youth Stage 2 course in a safe, supervised way. Our friendly instructors are on hand to answer sailors' questions, offer their 'top tips' and ensure that children maintain their bug for sailing. o 13 years of age.

<https://activenation.org.uk/venues/swac/childrens-activities-and-courses/youth-onboard-sailing-club/>

Cost: £20.00

Contact: 02380439180 email: info@swac.co.uk

Southampton Alpine Snowsports (Active Nation) Donutting, Sledging and Skiing at Alpine Snowsports Southampton, Thornhill Road, Bassett, Southampton, SO16 7AY.

DONUTTING - Our 1 hour Donutting sessions are the perfect way to entertain both the adults and the Kids! With no experience needed and just the attitude to have fun, everyone can enjoy Donutting! Everyone is welcome... as long as you're over 6 years old.

SLEDGING - Perfect for the little ones, it is located on our Learner Slope, Sledging offers the same thrill but for younger children between the age of 3-8 years.

Not wanting to leave anyone out our Sledging and Donutting slopes are right next to each other. So if you have a family of differing age ranges, we've got you covered!

Cost: £15 per child

Toothill Observatory, Rowhams Park, SO16 8AL

The Toothill Observatory is located under relatively dark skies on the outskirts of Southampton and is run by the very enthusiastic and welcoming Solent Amateur Astronomers. The facility boasts some impressive equipment including a 14" Meade telescope (which can be used by wheelchair users) and is made accessible to the public during regular open evenings that take place throughout the observing season from August through to May each year.

Link: [Oservatory & Open Nights \(solentastro.org\)](http://solentastro.org)

Woodmill Outdoor Activity Centre, Woodmill Lane, SO18 2JR

With over 20 activities we create memorable programmes which are perfect for sharing special occasions, enjoying the school holidays with friends or even learning new skills though our club programme. Whatever the reason for your child's visit, our activities offer a wonderful opportunity to open minds, nurture potential, teach life skills, build confidence and above all have fun.

Contact: 023 8043 9185

Ferries Excursions:

Hamble - Warsash Ferry The Ferry Hard, Hamble **SO31 4JB**. The staff are the friendliest people you'll ever meet! Hamble is a great place to explore. You can catch the ferry over to Warsash where there are great nature reserves. From Southampton, you'll need the number 6 first bus.

Contact: 07720 438402

Hythe ferry has just reopened after months of trying to save it! Show your support and ride the world's oldest pier train at the same time!

Contact: 07715 364275

Crabbing: Woolston, Royal Victoria Country Park and Woodmill and Hythe are great for that. And free!

Educational/Cultural:

Summer Reading Challenge at Southampton Libraries

Back again in 2023.

Contact: your local library for more information

Family Workshops at Southampton City Art Gallery

The art gallery will be running various family workshops throughout the school holidays. **Online Booking Essential.**

<https://southamptoncityartgallery.com/visit/things-to-do/>

Contact: :023 8083 4536

SeaCity Museum, Civic Centre, **SO14 7FY**. Holiday Activities.

Museum Opening times: Mon-Sun 10am – 5pm (Last entry 3.30pm)

Cost: Check website for details. Booking Essential.

Contact: 023 8083 2020 museums@southampton.gov.uk

A Historic Walk in Southampton

Courtesy of SEE Southampton: A map is available from SEE Southampton call (0)7770 842728

1. **Southampton City Art Gallery**

The Art Gallery is internationally renowned. Its core collection is twentieth-century and contemporary British art. Next: cross the road carefully to East Park

2. **Titanic Engineers' Memorial**

It honours 24 engineers, 6 electrical engineers, two boilermakers, a plumber and a clerk, who died onboard RMS Titanic. They sacrificed their lives to keep the ship afloat longer so others could escape.

3. **Wisteria Pergola**

Usually, the wisteria is in full bloom in April and May. Its fragrant smell, delicate touch and purple tones provide a dramatic sensory experience!

4. **Queen's Peace Fountain & Mosaic**

This fountain honours the Queen's service to the nation and the years of relative peace since WW2. It was refurbished in 2021 complete with LED lamps for light displays! Can you see the crown motif? With your back to the fountain, you will find the six-metre 'mosaic pond' on your left, made of opaque porcelain and glass tiles. Designed by Caroline Isgar.

5. **Avenue of Lime Trees.**

Frederick Perkins (1826-1902) became a successful brewer and wine merchant, and Mayor on five occasions. In 1863 he donated to the town - in memory of his mother - the avenue of lime trees running the length of East Park and Palmerston Park.

6. **John Hansard Gallery**

This Gallery is part of the University of Southampton. It is one of Britain's leading public galleries of contemporary visual art, and supports, develops and presents work by outstanding artists from across the world. The Gallery is a place to visit for extraordinary experiences. Entrance is free. Guide and Assistance dogs permitted. Large print text is available upon request.

7. **Ebony Rockers Mural**

Ebony Rockers were a local reggae band in the late 1970/early 1980s. They were signed to the EMI label and the bassist is the father of Craig David. This commemorative memorial was erected in Above Bar in 2022.

8. **Bargate**

This is a medieval gatehouse to the Old Town built by the Normans circa 1180. In the 1500s two wooden sculptures of lions were put in front; replaced later and refurbished in 2021.

9. **Castle Bailey Wall**

Only this stretch of the bailey wall survives today of Southampton's Norman motte and bailey castle. The motte (mound) upon which the castle once sat has been levelled and is now occupied by a large block of flats.

10. **Hamtun Street Mural**

This fascinating public mural charts Southampton's history from Roman times to the 20th century. The mural references the maritime and aeronautical achievements for which the city is justifiably proud.

11. **St Michael's Church, 1070**

This Norman church is almost 1,000 years old! Look out for the brass lecterns, black Tournai font, decorative iron grilles and gates, Victorian fire hearth tiles, stained glass windows, and the Cross of Nails.

12. **Tudor House Museum**

Have you ever seen 16th and 17th-century graffiti, a sedan chair, examples of Tudor and Victorian kitchens or a WWII air raid shelter? The café overlooks the Tudor Knot garden where richer families kept bees, and grew herbs for cooking, medicinal and

cosmetic purposes. It also contains Henry VIII's c's canon! Audio Tours are available. Facilities for hearing impaired visitors. Induction Loop system.

13. **Dancing Man Brewery**

This was built by Cistercian Monks in the 1300s to store wool. It then became a prison for French prisoners of war. In 1966 it became the Southampton Maritime Museum, and in 2015 it opened as a restaurant and microbrewery. 2 bars. Dog friendly.

14. **Town Quay Park** TQP is one of Southampton's newest parks, having been formed from a bomb site in 1964. For over 12 years it has almost entirely been maintained by volunteers: the Friends of Town Quay Park.

15. **God's House Tower**

This was constructed over several hundred years from 1189, originally to defend the town from the seaborne attack. It has seen several uses, including a prison, warehouse and museum, and is today an arts and heritage venue. Dyslexic-friendly website. Descriptive tours and large print guides are available. All dogs are welcome.

4. Toys and Clothing Provisions/Libraries

Toy Banks

Swaythling Neighbourhood Centre Toy Library at Hampton Park Way, off Broadlands Road, Swaythling, **SO17 3AT**. Run by Community Playlink (CPL).

Tuesday 10.00- 2.00 pm

Wednesday 10.00 - 2.00 pm (playtimes for under 3's 10.30 to 11.30)

Saturday 10.00 -12.00pm 0-14 years (Free)

Contact: 02380 335362, 07483 30356 Email: CPLTeam@community-playlink.com

How does the Toy Library work?

The Toy Library works like a book library where you borrow a set number of items and return them within the stated time. You are able to register by simply completing a membership card.

Bulk loans are available for all groups/childminders on a long-term loan.

Toys Available: Community Playlink has a vast stock of every kind of toy and play equipment for children from 0-14 years of age. We cover the full stages of play from the Early Years Foundation Stage (EYFS) to Key Stages 1-3. Also available are toys for children with special needs.

Clothing Banks

SCM Clothing Bank has temporarily closed due to the loss of venue but if you contact them, they still have a stock of clothing available.

Referral Only As this isn't a direct access project, please contact a social worker, health visitor or other referral agent as above to discuss being issued with a voucher.

Contact: 02380 550 435 email: office@southamptoncitymission.co.uk

NEW Clothing Sales at Parklife Café, St James Pk, SO15 5SD

Saturdays, please see Facebook (link below) open to everyone, providing brand new clothing for a fraction of the price. All donations go back into the Cafe's free services.

Contact: <http://www.facebook.com/parklifecommunitycafe>

For Preloved School Uniforms – contact your child's school reception to find out information. The earlier SCC School Uniform Grant is now closed.

5. Adults/Parents/Grandparents/Carers Support

Family Information Service (FIS)

The FIS gives advice and support to parents and help for childcare providers. This includes advice on:

- Parenting and family support, •Children's health •Breakfast Clubs
- After school/holiday activities/out of school activities

Tel: 023 8036 3309 (please leave a message)

Email: fis@southampton.gov.uk

Families First

Families First Southampton seek to deliver services to all fathers and men who provide care for children in collaboration with other agencies. We are seeking to work with family support organisations whose primary criteria isn't direct work with fathers. We provide an outreach Fathers Worker to work one-to-one with dads to assist them in addressing their identified needs. We will also work with other organisations to establish father friendly drop-ins and support groups.

A. Fathers Project

Fathers can receive one-to-one outreach support, Support fathers to remain involved in the care of their children, Maintain good communication between fathers and their partners, in the best interests of their child. Reduce fathers' social isolation.

Contact: 07427289813

Bright Beginnings based at No Limits, 13 High Street, **SO14 2DF**

This group was set up to help vulnerable young parents aged 17-25 years old to improve all aspects of their health and the health of their baby. We can advise you on the physical care of your child, help you to meet your child's emotional health and encourage a stable, stimulating environment. Your Bright Beginnings Mentor may also encourage you to access other services to help you with your own health needs.

Who: Young parents 17-25 years old.

Contact: 02380 224 224

Who Let the Dads Out - St James Rd Methodist Church **SO15 5HE.**

Great food (bacon rolls), tea, coffee and meet other dads.

Who: Dads

When: Saturday morning once a month usually the second Saturday.

Contact: Brian: 02380321303

DadzClub – This group seeks to bring together father figures and their children through our engaging, creative, and playful weekend groups aimed at providing a friendly environment where dads can chat with other dads whilst spending quality time with their children. Meets every Saturdays from 10 am to 11.30 am at local Family Hubs.

Contact: 07729039497



SO:Linked

Supporting Southampton People & Communities

#5 Financial Support Available in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

This compilation is a list of the various Council and Community Groups, working in Southampton to relieve the issue of financial hardships. All the services listed are free of charge. They offer advice, support and courses on good money management.

Note: A lot of information given below is through internet links, so if you do not have access to the internet yourself, you can go to a Library or the Gateway and find the links using one of their computers.

Table of Contents:

1. Local Council/Government Support and Information
Sept 2023 – Update on changes in the Benefit system
2. Community Support Groups giving financial advice and support
3. Peer Support Groups and Courses on Good Financial Management
4. Explanation of Financial Terms

1. Government and Local Council Support and Information

Explanation of the changes in the Benefit system

DWP Benefits cover the following basic needs:

1. Basic Personal Needs (food, bills, transport, clothing)
2. Cost of Shelter (Rent, Council Tax Reduction)
3. Child support
4. Independence (Employment and Support Allowance, Disability Living Allowance (DLA), Personal Independence Payment (PIP) and Attendance Allowance)

Benefits are characterised in three ways:

- A. Contributory (connected to your National Insurance account)
- B. Means Tested (According to your Income (earnings or benefits), rent and living costs and savings and investments)
- C. Circumstantial (Carers' Allowance, Child Benefit and DLA/PIP/AA)

A. Contributory

To qualify, you must have been employed (that is paying National Insurance) for **26 weeks in the last 2 years** or be self-employed with adequate National Insurance payments.

1. NS-JSA: "New Style" JSA (Job Seekers Allowance)

Please Note: While you receive NS-JSA, you'll need to take reasonable steps to look for work as agreed with your work coach.

More information/How to claim: <https://www.gov.uk/jobseekers-allowance/apply-new-style-jsa>

2. NS-ESA "New Style" ESA (Employment & Support Allowance)

This is for those who have a limited capacity to work. They would be asked to come for a Work Capability Assessment (WCA) to check if they are eligible.

More information/How to claim: <https://www.gov.uk/guidance/new-style-employment-and-support-allowance>

3. New State Pension (NSP)

When you reach State Pension age, you'll be able to claim the new State Pension if you're:

- a man born on or after 6 April 1951
- a woman born on or after 6 April 1953

If you reached State Pension age before 6 April 2016, these rules do not apply.

Instead, you'll get the basic State Pension: More information/How to claim:

<https://www.gov.uk/state-pension/eligibility>

B. Means Tested Benefits

The amount you receive would depend on the following 5 areas:

- Household (who you are living with)
- Capital (amount of savings and assets)
- Income (Earnings)
- Age
- Amount of working hours

1. Universal Credit

Universal Credit is replacing 6 benefits called "legacy benefits". These are:

- Housing Benefit (Rent, Council Tax)
- income-related Employment and Support Allowance (ESA)
- income-based Jobseeker's Allowance (JSA)
- Child Tax Credits (CTC)
- Working Tax Credits (WTC)
- Income Support

You can't usually make a **new claim** for these legacy benefits, and you will be directed to fill in a Universal Credit application.

If you already get one of them, you'll be asked to move onto Universal Credit between 2024 and 2029 but can do this anytime. Once you apply for Universal Credit, any other legacy benefits you're getting will end. If you claim Universal Credit, you'll usually get one payment each month and you usually have to manage your claim online. It will usually take 5 weeks to get your first Universal Credit payment - but it could take longer. If you won't have enough money to live on while you wait for your first Universal Credit payment, you can ask for an advance payment. The advance payment is a loan - you'll have to pay it back.

Capital: The first £6,000 of savings is disregarded and if you have savings over £16,000, you do not qualify for Universal Credit. For savings over £6,000, £1 is deducted from your overall payment for every £250.00 you have.

Helpline: 0800 328 5644

How to Claim: <https://www.gov.uk/universal-credit/how-to-claim>

Sign in to your account: <https://www.gov.uk/sign-in-universal-credit>

2. Pension Credit

Pension Credit gives you extra money to help with your living costs if you're over State Pension age (currently, a man born on or after 6 April 1951 or a woman born on or after 6 April 1953) and on a low income. You can start your application **up to 4 months** before you reach State Pension age. Pension Credit can also help with housing costs such as ground rent or service charges. Pension Credit is separate from your State Pension. You can get Pension Credit even if you have other income, savings or own your own home.

Capital/Savings: There is a disregard for the first £10,000 of savings and If you have more than £10,000, every £500 over £10,000 counts as £1 income a week. There is no upper limit to qualify for Pension Credit.

Extra Support: If you get Pension Credit you can also get other help, such as:

- Housing Benefit if you rent the property you live in
- Cost of Living Payments
- Support for Mortgage Interest if you own the property you live in
- A Council Tax discount
- A free TV licence if you're aged 75 or over
- Help with NHS dental treatment, glasses and transport costs for hospital appointments, if you get a certain type of Pension Credit
- Help with your heating costs through the Warm Home Discount Scheme
- A discount on the Royal Mail redirection service if you're moving house

If you have a partner, you must include him/her on your application.

You'll still be eligible if either you and your partner have **both** reached State Pension age or one of you is getting Housing Benefit for people over State Pension age.

How to claim: <https://apply-for-pension-credit.service.gov.uk/start>

Some specific payment like Winter Fuel Allowance

C. Circumstantial Benefits

These are awarded to specific circumstances (such as caring for a loved one, number of children in the household and support for those physically or mentally challenged and unable to work full time.)

1. Child Benefit

You get Child Benefit if you're responsible for bringing up a child who is:

- under 16
- under 20 if they stay in approved education or training

There's no limit to how many children you can claim for.

By claiming Child Benefit, you can get:

- an allowance paid to you for each child - you'll usually get it every 4 weeks
- National Insurance credits which count towards your State Pension
- a National Insurance number for your child without them having to apply for one - they'll usually get the number shortly before they turn 16 years old
- Only **one person** (parents or guardian) can get Child Benefit for a child, so you need to decide whether it's better for you or the other parent to claim. You can claim Child Benefit 48 hours after you've registered the birth of your child, or once a child comes to live with you. Child Benefit can be backdated for up to 3 months.

To claim: <https://www.gov.uk/child-benefit/how-to-claim>

2. Independence Benefits

Disability Living Allowance (DLA) and Personal Independence Payment (PIP) Attendance Allowance (AA) are all benefits to help you meet the extra costs of a disability - especially care help and help to get out and about.

- **Disability Living Allowance** (DLA) is for anyone **under 16**
<https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form>
- **Personal Independence Payment** (PIP) is for people over 16 and under state pension age.

To claim: <https://www.gov.uk/pip/how-to-claim>

- **Attendance Allowance** is for people over state pension age (if you already get PIP when you reach pension age you can continue to get it as long as you meet the qualifying criteria).

To claim:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1143363/aa1-interactive-claim-form.pdf

- **Carers Allowance**

Carer's Allowance is a benefit for people who spend at least 35 hours a week caring for someone who needs regular and substantial care. This usually means they would not be able to manage everyday tasks without your help. The person you care for must be claiming one of the above independence benefits.

More information/how to claim: <https://www.gov.uk/carers-allowance/how-to-claim>

- **Bereavement Benefits**

See [Bereavement Support Payment: What you'll get - GOV.UK \(www.gov.uk\)](https://www.gov.uk/bereavement-support-payment) and [Bereavement support payments – MoneySavingExpert](https://www.moneysavingexpert.com/bereavement-support-payments)

Update: Winter 2023: The Government has altered the law to allow bereaved **cohabiting parents** to claim bereavement benefits. This change to the law also gives eligible bereaved cohabiting parents retrospective entitlement back to the 30 August 2018.

Jobcentre Plus

Address: St Cross House, 18 Bernard Street, Southampton, Hampshire, SO14 2HP

Phone: 0800 0169 0190

Opening Times: Monday/Tuesday/Thursday/Friday 9 am to 5 pm, Wednesday 10 am to 5pm.

Use the following links for benefits information:

[Jobseekers Allowance](#), [Employment Support Allowance](#), [Working Tax Credit](#), [PIP \(Personal Independence Payment\)](#), [Child Tax Credit](#), [Carers Allowance](#), [Budgeting Loan](#) and [Marriage Allowance](#).

Southampton City Council: "Gateway" Services

<https://www.southampton.gov.uk/contact-us/gateway/>

Address: Gateway has relocated from 10 July 2023

From One Guildhall Square to the Civic Centre.

Opening Times: Monday-Friday 10 am to 3 pm.

Phone: 023 8083 2005

If you do not have access to the internet at home, you can use one of our new self-serve terminals, you can also visit Gateway to speak with an advisor if you require assistance with the following: Non urgent Homelessness enquiries, Council Tax payments and enquiries, Parking issues/fines/season tickets and SmartCities enquiries. You can also drop-in to talk about urgent matters such as homelessness and domestic violence. Just speak with one of our friendly floor-walkers on arrival.

Financial Support Schemes

The government-approved schemes for debt support depends on:

- what spare income do you have? - this can be used to make regular payments to your creditor
- what assets you can sell? - these can be sold to help pay your debts
- your situation - for example, if you're bankrupt or facing bankruptcy

A. Household Support Fund

The Fund aims to support Southampton residents who are facing financial hardship. The fund will help with food vouchers and utility payments (only if you have a prepaid meter) as well as the provision of new white goods (fridge, washing machine, electric cooker). The scheme is managed by SCRATCH but the referral must come from a professional agency (see Section 3) who can verify the client's situation.

Link: [Household Support Fund \(southampton.gov.uk\)](https://www.southampton.gov.uk)

B. Breathing Space

This is a government scheme that is designed to help **relieve some of the pressure** and stress caused by being in debt.

The Debt Respite Scheme (Breathing Space) will give someone in problem debt the right to legal protections from their creditors.

There are two types of breathing space: a standard breathing space and a mental health crisis breathing space.

Full details of the Breathing Space scheme including what it covers, how to apply, what happens during and after the Breathing Space period plus frequently asked questions can be found at the following websites:

Government website: <https://www.gov.uk/options-for-dealing-with-your-debts/breathing-space>

National Debtline also has a live webchat facility

<https://nationaldebtline.org/fact-sheet-library/breathing-space-ew/>

C. Paying off your debts

There are a number of Government approved ways of paying off your debts depending on your personal circumstances together with many organisations and charities that can advise you on the best possible course of action if you fall into debt.

Link: [Debt solutions - Citizens Advice](#)

D. Guide to Debt and Borrowing

A comprehensive guide to taking control of debt, getting free debt advice, and how to borrow affordably is available from MoneyHelper.

You would need to prioritise and deal with late payment letters.

<https://www.moneyhelper.org.uk/en/money-troubles>

- Receiving a late payment letter can be extremely worrying, but there is no need to panic. First, you need to understand which of your debts is most important and then start dealing with them or talk to a free and impartial debt advice company. Ignoring late payment letters is the worst thing you can do and will only make the situation worse. Advice on how to prioritise late payment letters is available from StepChange and Adviserbook.co.uk

Link: [what-to-do-if-you-receive-a-late-payment-letter](#)

E. Debt Collection Agencies

If your debts have been in arrears for a while, or you've been sent default notices, you'll almost certainly start to hear from debt collectors. For an explanation of why debt collection agencies are involved, follow this link. Unlike a Bailiff, a debt collector does not have any special legal powers - a full explanation is available here.

Link: [/debt-passed-to-a-collection-agency](#)

Full details of how debt collectors work and what they can do is available from StepChange Debt Charity, and other financial support Charities.

F. Letters and Court Forms

Sample letters and downloadable templates that will help you write to creditors or debt collectors are given on the website. A library of common court forms and guidance notes to help you respond to the County. **StepChange** have an online resource of sample letters that you can use <https://www.stepchange.org/debt-info/dealing-with-debt-problems/sample-letters.aspx>

G. Debt Confidentiality

The details of your debts are confidential and your and cannot be discussed or disclosed by your creditors to any third party.

H. What to do if your creditor goes into administration

Information on where you stand and what to do if the business that you have a debt with, goes into administration.

Link: [creditors-in-administration](#)

I. Improve Your Credit Rating after a DMP

If you're close to finishing a debt management plan (DMP) it's important to spend time working to improve your credit rating to protect your financial future. More information is available from StepChange.org or Money Aware.co.uk.

Link: [How To Improve Your Credit Score After A DMP \(moneyaware.co.uk\)](https://www.moneyaware.co.uk/how-to-improve-your-credit-score-after-a-dmp)

J. Loan Sharks:

A loan shark is a moneylender who charges extremely high rates of interest, typically under illegal conditions. The Illegal Money Lending Team (IMLT) is a specialist agency that prosecutes loan sharks and supports people affected by this crime.

Link: [Report a loan shark - GOV.UK \(www.gov.uk\)](https://www.gov.uk/report-a-loan-shark)

The Environment Centre (tEC) Southampton Healthy Homes

The Environment Centre (tEC), is able to support Southampton residents who may have concerns about keeping warm in the winter and paying energy bills. The free energy saving and affordable warmth advice service, called Southampton Healthy Homes, can help people reduce their bills, get in touch with their supplier, apply for energy and water bill discounts and access funding for home energy upgrades such as heating improvements, insulation and draught proofing.

Find out more at www.environmentcentre.com/SHH or phone 0800 804 8601.

2. Community Support Groups giving Financial and Benefits Advice and Support

1. Citizens Advice Southampton

Advice Line

Our main Advice Line telephone number. Calls are free. 0808 27 87 863
Lines open 9.30am to 4pm (Answerphone available outside of these times).
We can access an interpreter if English is not your first language.

Admin Line For existing clients. 023 8022 3659

Monday to Friday, 9.30am to 4.30pm Advice

Our walk in face-to-face advice hubs are available at the following locations:

[Central Library](#) - Wednesdays - 10am - 1pm

[Woolston Library](#) - Thursdays - 10am - 2pm

[Shirley Library](#) - Friday - 10am - 1pm

No appointment necessary. Sessions are for 15 minutes, on a first-come, first-served basis and are for initial advice. **We recommend checking their website first:**

Link: [help-with-debt https://www.citizensadvice.org.uk/about-us/contact-us/local-citizens-advice/0014K000009EMLRQA4/](https://www.citizensadvice.org.uk/about-us/contact-us/local-citizens-advice/0014K000009EMLRQA4/)

2. The Welfare Rights & Money Advice team provide advice and information on money, debt and benefits to Southampton City Council tenants. Contact us by calling 023 8083 2339 or email us at welfarerights.advice@southampton.gov.uk
For information on benefits or how to deal with debt visit

www.southampton.gov.uk/benefits-welfare/money-advice

Frontline Debt Advice offer FREE Welfare Benefit Advice, FREE Debt Advice, Training in Debt and Welfare Benefit Advice. Frontline has an Advice Clinic at the following venues:

Swaythling SO16: Swaythling Frontline Debt Advice, C/O The Vicarage, 357 Burgess Road, Southampton SO16 3BD. 02380 552866 or 07977 175949

swaythling@frontlinedebtadvice.org.uk

Thornhill SO18 at Thornhill Baptist Church, Thornhill Park Road, Southampton, Hampshire SO18 5TR. 07806 264020 thornhill@frontlinedebtadvice.org.uk;

4. Southampton Advice and Representation Centre (SARC)

SARC is committed to working to remove barriers to accessing our services so if you live in Southampton and have an enquiry about welfare benefits or employment law, we will see how we can help.

Contact: 023 8043 1435

5. Christians Against Poverty, (CAP)

CAP offers free debt counselling to anyone in the community regardless of race or religion. If you would like their help, here is the procedure:

1. Please call **0800 3280 006** and they will book you an
2. appointment with one of the three debt centres that are in Southampton. They can also give advice on immediate crises. Monday to Thursday 9:30am to 5pm, Friday 9:30am to 3:30pm
3. Someone from the local debt centre (see 7) will get in contact with you and arrange a visit.
4. A local debt coach will visit you 3 times and talk you through how they can help, the process, and what paperwork might be needed.
5. You will be introduced to a befriender who can help you gather paperwork, but also support you as a friend.
6. After the information has been gathered, it will be sent to the team at the head office who will produce a support plan for you to become debt free.
7. Come along to a CAP Job Club/Life Skills at Portswood Church, SO17 2FY on Wednesday mornings at 10am.
8. **Note:** Our Debt Centre team cannot contact you until you have phoned the central line for Christians Against Poverty.
9. **Local Southampton CAP** Offices are found at:
Life Church, 11 Cranberry Terrace, SO14 0LH
Kings Community Church, SO30 4BZ.

6. Southampton City And Region Action To Combat Hardship (SCRATCH)

Address: Unit 33, Mount Pleasant Industrial Estate, SO14 0SP **SCRATCH** provides services that relieve the effects of hardship, disadvantage, and poverty for individuals and families living in Southampton and the surrounding area. SCRATCH is committed to making a positive difference for our clients by responding to the crippling effects of poverty caused by, but not limited to: Unemployment, Debt, Benefit issues, financial difficulties.

7. Southampton Church Rent Deposit Scheme

The Southampton Church Rent Deposit Scheme aims to help people on low income or in receipt of welfare benefits who need funding to gain access to the privately rented accommodation in the City of Southampton. **Please Note:** Referral from recognised agency only.

Contact by email: rentdeposit@citylife.org.uk or Agencies can fill in this form: <https://docs.google.com/forms/d/e/1FAIpQLSf-yhVw3QP7brJVhL7nmnUpQSGOZSmYv9WQGetpF0dnhp3H1w/viewform>

National Debt Advice

1. **National Debt Line** - our Cost of living hub to find out if you can pay less for your living costs and to learn about any extra help that might be available. They have a web chat to answer your questions.

Link: [Debt advice](#) | [Free debt advice](#) | [National Debtline](#) | [National Debtline](#)

2. **StepChange** – Free Confidential Financial Advice. We can get your finances back on track Get free debt advice online and we'll support you for as long as you need us. Link: [Get Debt Help Now](#)

Process:

- Give us details of your debts, income and household spending.
- We work out your budget so you'll have a clear picture of where your money goes.
- You get free debt advice - You will receive your personal action plan and detailed and practical advice.
- Our online debt advice service is available 24 hours a day 7 days a week, at a time that suits you. If you'd prefer to speak to someone, you can call our debt advice helpline on **0800 138 1111**

Opening Hours: Monday to Friday 8am to 8pm and Sat 8am to 4pm

2. **Payplan** – an online financial support procedure for budgets and debts. PayPlan help with contacting people you owe money to and arranging lower payments to make things more affordable.

How it Works:

1. *Choose how to get help:* You can speak to us via Live Chat, WhatsApp or telephone, whichever works best for you.
2. *Create your budget:* Make a new, simple budget that shows you what you're spending on each month.
3. *Get a solution that works:* Using your new budget, we'll give you a solution that helps you deal with your debts.

Contact: Freecall 0800 280 2816 Mon to Fri 8 am–8 pm Sat 9 am–3 pm **Link:** <https://www.payplan.com/>

3. Peer Support Group and Courses on Good Financial Management

Money Matters Course: My Bnk is looking to offer young people aged 7-25 free of charge and fully funded financial workshops which teach essential life skills of handling money. My Bnk cover the following topics:

1. Budgeting and Household Costs:

Attitudes towards money, needs & wants, cutting back, budgeting, steps after move in, reading bills, household costs.

2. Your Income:

Sources of income, wage slips, tax & NI, benefits, universal credit and sanctions.

3. Banking and Being Informed:

How banks work, savings and current accounts, interest, forms of payment, choosing an account, understanding contracts, understanding tenancy agreements.

4. Borrowing and Scams:

Forms of borrowing, credit history, debt consequences & prioritisation, staying safe with money, understanding "money-muling", which is a person who transfers stolen money between different countries. Money mules are recruited, sometimes unwittingly, by criminals to transfer illegally obtained money between different bank accounts.

5. How to protect yourself from scams:

Advice on how to avoid scams.

Further Information: Please complete the form online and we will contact you to discuss your booking **Link:** [Request a Session](#)

More information on Financial Support

SLIC (So:linked Community Groups and Information Directory). See Section 1a and 1b for places to find food banks in Southampton for those struggling financially.

Energy Saving Trust Follow our tips and advice for quick and easy ways to save energy, lower your bills and reduce your carbon footprint.

Link: [Quick Tips to Save Energy](#)

A Guide for Parents: Money and Mental Health. Information on the links between money and mental health, how to support your child's wellbeing and look after yourself in the cost-of-living crisis, and where to find practical and financial support for your family.

Link: [Parents A-Z Money & Mental Health](#)

SCRATCH Dorcas Project: provides basic furniture and household items to individuals and families who are suffering poverty and disadvantage. A referral is needed – see Section 3

5. Explanation of financial terms

A Debt Management Plan is an agreement to pay your creditors via a licenced debt management company.

An Administration Order is a way of helping to settle a county court or High Court judgment, if the debt is less than £5,000.

An Individual Voluntary Arrangement (IVA) is an agreement to make regular payments to an 'insolvency practitioner', who will divide this money between your creditors.

A Debt Relief Order (DRO) is a way to deal with your debts if you owe less than £30,000, have little spare income and don't own your home.

<https://www.gov.uk/government/publications/getting-a-debt-relief-order/getting-a-debt-relief-order>

A Fast-track Voluntary Arrangement (FTVA) were a way to deal with your debts if you've already been made bankrupt and have assets available that can be sold to pay your creditors. FTVAs have been abolished in England and Wales, so no new ones can be made. Existing FTVAs will continue until they are completed.

A County Court Judgment (CCJ) is a court order which tells you to pay money you owe to a debt. It's one of the actions your creditors can take as part of the debt collection process. Help and advice on how to deal with a CCJ is available at the following websites: StepChange **Link:** [All about CCJ's](#) More information can be found at GOV.UK , Citizens Advice **Link:** [/county-court-judgments-and-your-credit-rating](#) and MoneyHelper **Link:** [dealing-with-county-court-judgements-ccj](#)

A Money Mule is a person who transfers stolen money between different countries. Money mules are recruited, sometimes unwittingly, by criminals to transfer illegally obtained money between different bank accounts. Money mules receive the stolen funds into their account, they are then asked to withdraw it and wire the money to a different account, often one overseas, keeping some of the money for themselves. Even if you're unaware that the money you're transferring was illegally obtained, you have played an important role in fraud and money laundering, and can still be prosecuted. Criminals will often use fake job adverts or create social media posts about opportunities to make money quickly, in order to lure potential money mule recruits.



SO:Linked

Supporting Southampton People & Communities

#6 Support for Unpaid Carers in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

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1. Types of Care Support Available for Carers
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3. Types of Respite Care in Southampton
4. Groups providing Respite Care at Home
5. Legal Support - Power of Attorney
6. Financial Help and Advice

1. Types of Care Support Available for Carers

Full time live-in care

One-to-one support from a fully qualified carer that lives with you. Full-time support so you can stay at home where you feel most comfortable. Round-the-clock (24/7) in your own home. Private live-in care generally refers to the process of employing a carer yourself, usually someone you already know. It enables people to stay in their homes, maintain their routine and live independently for longer, and is increasingly linked with a range of better health outcomes. However, it does pose some drawbacks of having to manage employment and holidays. When going down the route of private care, you generally assume the role of employer and are therefore legally responsible for things such as sick pay, holiday entitlements and paying wages. Not only that but you also have the responsibility of providing employment contracts, taking out insurance, and sorting out respite care when your carer takes a break. Arranging care with an agency can mean more peace of mind and less hassle in the long run.

Residential Care

A residential care setting provides a complete and whole service including accommodation, activities, and care support. Residential care homes are available to anyone aged 65 or over and living within the city boundaries. An assessment is carried out to make sure that places go to those who need them the most. You may also be asked to make a contribution towards the cost of your care.

If a placement breaks down, the service provider has the right to end the placement. An individual would be required to contribute most of their benefits to the local authority who pay for the service placement.

You can complete a self-assessment of your care needs, to see what support you may be entitled to. A relative can complete this on your behalf. [Southampton City Council Residential Care Self Assessment](#)

Temporary or 'Respite' Care (see Section 3 for more information)

Respite care is short-term care which is intended to provide a family or a carer with a break from daily routines and stresses. There are lots of respite care options. They range from getting a volunteer to sit with the person you look after for a few hours, to a short stay in a care home so you can go on holiday. The person you look after could go to a day care centre or, a paid carer could visit them at their home to look after them. **See Section 3 for more information on Respite Care.**

Home Care (Domiciliary Care)

When care is provided in your own home by one or more care workers or nurses it is called home care or domiciliary care. The carers provide assistance to enable continuation of daily living, helping to maintain personal independence, comfort and contact with friends and family in the local community. The care provided is very flexible and could just be for a few hours or could be 24-hour care and can be on a temporary, intermittent or long-term basis.

Carers will provide help with preparing meals, bathing and dressing. Care can be arranged through local authorities who will be able to send care workers to care for people in their own homes either directly, or through agencies. You can also arrange home care yourself through nursing agencies or through associations for homecare providers. (See section 2)

Supported Living

Supported living is for people who are no longer going to be living with their family, but who need regular and substantial support. In the supported living model, the most important thing is that each individual has their own tenancy.

- They rent their accommodation, usually from a Housing Association. As a tenant they have more rights than in a residential care setting and cannot be made to leave their home. Individuals are supported in making choices about their day-to-day living. The emphasis is on support, whereas often in residential care, the emphasis is on direct care.
- Individuals can be supported in their personal care, as well as with accessing community facilities and with their budgets. A Care Provider organisation provides the support needed. The individual can choose who provides their care. Some people with profound and complex disabilities and conditions are successfully supported in Supported Living settings.

• Benefits

- **Disability Living Allowance (DLA)** is for anyone **under 16**
<https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form>
- **Personal Independence Payment (PIP)** is for people over 16 and under state pension age.

To claim: <https://www.gov.uk/pip/how-to-claim>

- **Attendance Allowance** is for people over state pension age (if you already get PIP when you reach pension age you can continue to get it as long as you meet the qualifying criteria)
- <https://assets.publishing.service.gov.uk/media/65e5b1e63f694514a3036001/aa1-interactive-claim-form.pdf>

How PIP works:

There are 2 parts to PIP:

- a daily living part - if you need help with everyday tasks
- a mobility part - if you need help with getting around
- Whether you get one or both parts and how much you get depends on how difficult you find everyday tasks and getting around.
- For those under 16, you should apply for DLA (Disability Living Allowance [Disability Living Allowance \(DLA\) for children: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/disability-living-allowance-for-children-claim-form)) and for those over the pension age for AA (Attendance Allowance). [Attendance Allowance: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/attendance-allowance-overview)

2. Groups and Charities Providing Care Support

SCiA (Social Care in Action) Home Care

SCA Care is proud to be a not-for-profit organisation offering a personalised service which is led by you. Our Home Care team offer a friendly service – you'll get to know everyone; from the people you speak to on the phone to the carers you see daily. Together we'll help you to maintain your chosen lifestyle so you can continue to live independently in your own home

Our offer: We provide anything from short welfare check to a full package of support. Our team will carry out an assessment with you to find out exactly what your care requirements are. We believe that each customer is unique with their own individual preferences and needs. A member of our team will visit you to create a care plan. Our friendly team of carers will then follow this during the care visits to your home.

On call service: Our team of office staff are on hand to help and answer any questions you may have while receiving care from us. We provide an on-call service so you can get in touch even when the office is shut. Our on-call service is open between 7am- 9am and 5pm- 10pm weekdays and 7am- 10pm weekends

Contact information: 023 8051 6034 **email:** hello@sciagroup.co.uk (Please do not send any personal data to this email address.)

Website: www.sciagroup.co.uk

Note: The services previously operated by SCiA called Dial-A-Ride and Hospital to Home will end on Sept 27th due to funding cuts.

Age UK in Southampton - Being a carer can be tiring and isolating, and there's greater pressure on carers than ever before. As our population grows older, more and more people are taking on caring roles – many of whom are in later life themselves.

Information and advice for carers: Carers are welcome to speak to our experienced advisors for confidential and independent advice. They can arrange an appointment at their nearest Age UK centre or a home visit if they are unable to leave the house.

Help with applying for Carer's Allowance

If you are new to caring, our advisors can help you to schedule an Assessment of Needs and make your application for Carer's Allowance.

Please call us on 023 8036 8636, or email info@ageuksouthampton.org.uk

We offer support through our **free advice line** on 0800 678 1602. Lines are open 8am-7pm, 365 days a year. We also have specialist advisers at over 140 local Age UKs.

Unpaid Carers Support Southampton (formerly Carers in Southampton) Our service will continue under the line management of Citizens Advice Southampton and SVS. Our opening hours are Monday-Friday 9am – 5pm.

Contact: 023 8083 2253

Independent Age - Independent Age can provide you and your family with clear, free and impartial advice on the issues that matter: care and support, money and benefits, health and mobility.

[https://www.independentage.org/get-advice/health-and-care/support-for-carers/Getting a carer's assessment.](https://www.independentage.org/get-advice/health-and-care/support-for-carers/Getting-a-carer's-assessment)

Independent Age offer a **free Helpline 0808 503 7246** to talk about how we can help, or to arrange a call with one of our expert advisers. Our advice service is a free, impartial and confidential telephone service for older people, their families, friends, carers and health professionals.

The Advice service can also provide advice through email if this is preferred.

email: advice@independentage.org We aim to respond to all email enquiries within 3-5 working days

Community Wellbeing Team, at Newton Clinic, 24-26 Lyon St, Southampton SO14 0LX

The service is NHS funded and offers a Health & Wellbeing Assessment to those aged 18+ and registered with a GP in Southampton City. The service is aimed at non-urgent care and therefore all appointments are planned. [Click here for more information.](#) An appointment can be arranged at your convenience in our outpatient clinics or **in your own home**. This will involve an assessment to identify and discuss your Health & Wellbeing Needs.

Contact: 02380 296070

Caraway Southampton - Celebrating the richness and wisdom of old age, Caraway aims to promote and resource the spiritual well-being of those in their older years. We are a Christian charity working alongside those with and without faith in Southampton and beyond to support the elderly and their carers.

Memory Cafes: In partnership with the Admiral nurses, who are nurses for carers of those with dementia, Caraway hosts monthly [Memory Cafe's](#) in 4 areas of the city. The Memory Café is a way to meet with and chat to other carers. A place to have some light-hearted chat about other topics such as memories of holidays, laughter, music, or pets. The afternoons provide a relaxed space where people with dementia and their carers can come for an enjoyable outing, knowing that it is a friendly and understanding environment.

Caraway Carer's Support Cafes: This is a way to meet with and chat with other carers, and to have some light-hearted chats. Caraway supports and resources a growing number of regular events across the city. Some are weekly, some fortnightly and others once a month. Come along to find out more, meet new people, and enjoy new experiences.

See website for **What's On:** [Caraway Community Events](#)

Contact: [Online Contact Form](#)

Phone: 07535164014

For other venues where Carers can visit to meet with old or new friends, See Section 2 Community Cafes and Lunch Clubs in Southampton

3. Types of Respite Care in Southampton

What is respite care?

Respite care lets you take a break by replacing the care you provide. It's important for your health and wellbeing to get regular breaks from caring. Respite care is replacement care for the person you look after, so they're supported while you take a break. There are different types of Respite Care:

1. Part-time Care services at home

There are lots of options available. For example, a care worker can come and provide support to the person you care for in their home.

For information on finding a care worker, see: [Arranging Home Care Fact Sheet](#)

2. Day care centres

Day care centres offer support and an opportunity to socialise for the person you care for, as well as giving you a break. They are run by local councils or charities.

See: [Southampton Day Services](#)

3. Short-term residential care or emergency care

A short-term Care Home stay for the person you're caring for may be the best way to meet their needs while you have a break or short-term NHS/social care support that aims to help you in the following situations:

- Avoid unnecessary admission to hospital
- Be as independent as possible after a hospital stay or illness
- Remain living at home if due to illness or disability, you are having increasing difficulty with daily life
- Avoid moving permanently into a care home before you really need to. This type of Support is free for up to six weeks.

4. Sitting services

Some charities and carers' organisations offer sitting services. A sitting service gives you the chance to take a break for a couple of hours while a trained volunteer gives basic support and keeps the person you care for company. For more information, click here: [Sitting Services in Southampton](#)

4. Groups providing Respite Care at Home

Trusted Care

At Trusted Care, we understand that finding a respite care home that offers the facilities and specialisms you require can offer a valuable opportunity for you and your loved ones to take a break. We are on hand to help you find the best respite care to meet those needs.

For more information: [Trusted Care in Southampton](#) or 01865 638040

Helping Hands

Our respite carers also follow the routines you or a loved one are used to. For those living with conditions such as dementia, this consistency of care is incredibly important. Remaining part of the local community and preserving your independence is incredibly important to us, that's why here at Helping Hands we're delighted to provide bespoke care plans while you remain in the comfort of your home.

We offer two services:

Live-In Care: One-to-one support from a fully qualified carer that lives with you. Full-time support so you can stay at home where you feel most comfortable.

Hourly Visiting Care: Flexible care provided in your own home with a fully qualified carer. Visits start from as little as 30 minutes up to several hourly or overnight calls throughout the week.

For more information: [Helping Hands Southampton](#)

Contact: 023 8255 0716

Opening Hours: Mon-Fri: 8am - 7pm Sat-Sun: 9am – 6pm

5. Legal Support - Power of Attorney

Applying for a Power of Attorney when your loved one needs help with financial decisions

There may be a time when you need someone to make decisions for you because of ill health. This factsheet explains how you can prepare for someone you trust to manage your money or make decisions about your care and welfare in the way you would wish. Independent Age have produced a very good booklet:

[Download this booklet on this link: www.independentage.org/get-advice/Managing my affairs if I become ill](http://www.independentage.org/get-advice/Managing_my_affairs_if_I_become_ill) | [Factsheet](#) | [Independent Age](#)

6. Financial Help and Support for Carers

Support and Advice from Charities or Community Groups

Step 1 - To get financial help for the cost of living or to pay for needed equipment or for respite care, you would need to start by asking one of the Support Groups, listed in Section 1, for a **carer's assessment** for you and a **care needs assessment** for the person you care for. This will identify any care and support needs you both have, and works out if you qualify for support from the council.

Step 2 - If the person you care for qualifies for support, their council must prepare a **care and support plan** for them. This shows how their needs will be met, which could include respite care. The council will then have to arrange respite care so you can take a break. You can find a Benefits Calculator here:

<https://carers.org/Money & Benefits/Benefits Calculator>

Other Funding provided by the Government

Carer's Allowance (means tested)

If you or your partner care for someone who claims a disability benefit you or your partner may be entitled to Carer's Allowance. If you are claiming Universal Credit, you may be entitled to the Carer's Element. Carer's assessments evaluate your need for support and services and eligibility for a personal Wellbeing Payment. Outcomes of a carer's assessment include a referral to relevant services and for those providing significant levels of care.

There is a small personal budget award which is not means-tested.

To claim Carer's Allowance, you **must**:

- Be aged 16 or over;
- Spend at least 35 hours a week looking after the person in need of care;
- Have net earnings of less than £132 a week, from April 2022. Any childcare costs or replacement care costs associated with working can be deducted* from your earnings when calculating whether you qualify.

*For more information see [Work-related costs and Carer's Allowance - Entitled to](#)

- If you are in full-time education, to be entitled you must spend less than 21 hours in 'supervised study', and not doing a course described as full-time by the college or establishment providing it.

In addition, the person for whom you care must be claiming:

- Attendance Allowance
- Personal Independence Payment (PIP)
- Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit
- Industrial Injuries Disablement Benefit: you might qualify for IIDB, if you became ill or are disabled because of an accident or disease either: at work or on an approved employment training scheme or course. The amount you may get depends on your individual circumstances.
- Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension.
- Personal Independence Payment (Daily Living Component at either Standard or enhanced rate).

Even if you don't qualify for Carer's Allowance or the Carer's Element of Universal Credit you may be able to claim Carer's Credit, where entitlement to the state pension can be built up by people caring 20 hours a week or more. For more information see Carer's credit.

Disability Grants is a website that is available to those with disability or for a parent or carer of a Disabled child or adult to use to save time in finding Disability grants. The website provides details of charities and Trusts that provide funding towards the high cost of disability equipment, holidays, housing, days out.....in fact anything above and beyond the normal costs of everyday living.

Click: [Grants for Families](#)



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Supporting Southampton People & Communities

#7 English Classes in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

This information is for new arrivals who don't yet speak English or only having a limited understanding. We understand that the transition into a new community without knowledge of the language can be very hard, and can be incredibly isolating and create limitations of finding employment and support. Information is for new arrivals who don't yet speak English or only having a limited understanding. We understand that the transition into a new community without knowledge of the language can be very hard, and can be incredibly isolating and create limitations of finding employment and support.

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2. Conversational English Groups in Southampton
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1. Educational Centres in Southampton

City College, St Mary Street, **SO14 1AR**

Courses taught

1. **English Functional Skills** – 1 year Course starting every September, (suitable for adults resident in the UK 5+ years with good spoken English and who wish to improve their reading and writing)
2. **ESOL Courses** – 1 year course starting every September
From Pre-entry, Entry 1, Entry 2, Level 1, and Level 2
Contact: Tel: 023 8048 4848 Email: enquiries@southampton-city.ac.uk or
Web: www.southampton-city.ac.uk

These courses fill up very quickly and last for one year beginning in September. For this reason, you need to **apply online between April and June for September start**. Once you have applied, you will be given an initial assessment to determine your level and the days and times that are available.

Apply online at <https://www.southampton-city.ac.uk/courses/esol-e001/>

3. **Family Learning ESOL** - City College offers a small number of courses to parents in different parts of the city (typically Northam and Shirley and at least one other neighbourhood), but we may open and close courses in response to local demand. The Shirley course has a creche attached. Parents who are unable to access college provision or other city centre provision are invited to enquire (residency conditions apply): 07825 854359 or family.learning@southampton-city.ac.uk

Itchen College, Middle Road, **SO19 7TB**

Courses taught: Beginners, Intermediate and Advanced

These courses fill up very quickly and we have start dates available throughout the year. Courses also run from Masonic Hall, Albion Place, SO14 2DD

To book, contact Itchen College courses@itchen.ac.uk or call 023 80 446156 or email acet@itchen.ac.uk.

Bfluent, 132 St Mary Street, **SO14 1NX**

Courses taught: ESOL Skills for Life qualifications and ESOL Classes Entry level 1 & Level 2. If you meet the requirement these classes are free and will be conducted for the coming year partly online and partly face-to-face. You will have home tasks to complete each lesson. You will have 22 classes each term and each class will last for 2 hours in 2 lessons each week. There will be 11 weeks each term. We also have online zoom classes.

Contact 02380 678500 to book a class

CLEAR (City Life) at VAC (SVS), Kingsland Square SO14 1NW

Courses taught:

CLEAR offers a range of short and long ESOL courses, ranging from Pre-Entry - Entry 3 (Pre-GCSE). Long Courses are free for asylum seekers and refugees within 1 year of receiving their status, or via an exceptional circumstances' referral. Outside of this, long courses are £150, or £75 for those on universal credit. For more information or to book an assessment visit with us,

Contact: WhatsApp: 07895 293 139. (no calls please)

The Lighthouse International Church, St Mary's Road, SO14 0BB

Courses taught:

Beginners, Intermediate and Advanced. You should book well before the beginning at each school term. The cost is £12.00 per term (exemption for special cases apply)

Contact: Lavinia at lavinia_phillips@hotmail.com or text on 07963627263 (no calls please)

W.E.A.

English for Speakers of Other Languages (ESOL) Levels: Entry, Level 1-3

WEA run different courses during the year in term time. Before you can join this course, you will need to talk to a member of staff and do an initial assessment to decide which level is right for you. For more information and to book an appointment please

Call 0300 303 3464 or visit <https://enrolonline.wea.org.uk>

2. Conversational English Groups in Southampton

English Language Café at Above Bar Church, 69 Above Bar St, **SO14 7FE**
Every Monday during school term time, 1:30 pm - 2:30 pm in the lounge. This cafe is for people whose first language is not English. We welcome people from any country and any cultural background. We start with tea, coffee and snacks this is a time to say hello and chat together. Each week we have a topic to discuss and sometimes there are games or activities around that topic. Just come along at the right time and join in.

Contact: 023 8022 8275 Mon to Fri 10 to 12 am

Creative English at Central Hall, St Mary's Street, **SO14 1NF**
Every Wednesday from 9.30 am to 11.30 am, **during term-time**

Creative English is for those who are learning English as a second language. We use fun games, role play and real-life situations to learn English and build confidence – our focus is on having fun. The group is suitable for all levels, from complete beginners to immediate and advanced levels.

Contact: 07786 447045

Email: Jo-Ann.Stockwell@newcommunity.org.uk

Free English Lessons at Burgess Rd Library, Burgess Rd, **SO16 3HF**

Free English lessons every Tuesdays during term time from 5.15 p.m. to 6.15 p.m. Come and enjoy a relaxed atmosphere to practise your English. Providing hot drinks and baked goods. Includes English conversation, with a beginner and intermediate Group. Free.

Contact 023 8055 6596

English Language Club at Weston Pk Primary School, Newtown Rd, **SO19 9HX**
Monday term time 3.15-4.15pm Practice and develop English in a relaxed conversational environment at (for parents of children attending Weston Park Primary and Weston Shore Infant Schools)

Contact: 023 8044 8962

Language Café at Central Library

Every Wednesdays from 12noon to 1.30 pm. A chance to practise conversational English with people from different cultures and backgrounds.

Contact: 023 8083 3007

Global Gathering at 69 Above Bar Street, **SO14 7FE**

Every Tuesday Evening at 6:30pm (Term time only) We meet in the Top Hall at our City site. All internationals are welcome at our group, no matter religion or age - children are welcome too! Each Tuesday we begin with a hot meal together.

Contact: 023 8022 8275

[See also Booklet no 2 for more community cafes on this link:](#)

3. Online Free English Courses

There are many different English Classes to be found online, starting with learning the alphabet in English up to higher levels.

British Council:

As a parent, you may want to improve your own level of English so that you can help and support your child's learning. We can help you to: improve your proficiency in English speaking increase your confidence in English grammar and vocabulary effectively communicate and collaborate with friends and colleagues gain the confidence to achieve your professional and personal ambitions. You can also find out about English courses for your child and online English courses for adults.

Link: [Online English courses for adults | LearnEnglish Kids \(britishcouncil.org\)](https://www.britishcouncil.org/online-english-courses-for-adults)

OI Digital Institute (Basic to Advanced)

We offer free courses delivered fully online. Our courses are 3-hour lessons per week (Mon, Wed and Fri) for 4 weeks. Each week is a standalone topic, so students are able to join a course every Monday. On completion, all students will receive a certificate of completion. There are 2 courses:

English for Culture - This course is designed for students at beginner to intermediate levels, and covers such as life in the UK, daily tasks and services, traditions and meanings, cultural awareness, media analysis and discussion and debate.

English for Business - This is aimed at intermediate to upper-intermediate students and is designed to prepare you for working life. Topics include 21st-century skills, digital marketing, corporate responsibility and interview/negotiation techniques.

Call 020 8293 1188 for more information or search for [Free English Lessons | OI Digital Institute](#)

Alphablocks: watch at [BBC iPlayer - Alphablocks](#) (absolute beginners)

This is a child's programme where you learn the sounds of the alphabet and how they join together to make words. Good for all aged students who come from a country with a different script. There's a good review at [The Alphabet Song | Phonics Song for Kids Kindergarten Alphabet song | Jack Hartmann - YouTube](#)

Educational App Store

This is the home of fun and educational games for kids to play and learn at the same time. The best way to get your child to embrace learning is to make it fun. Now you can do just that by encouraging them to play fun games and activities. We have selected a variety of games for kids including word, puzzle, math, geography, arcade, sports, and [typing games](#).

Link: [Children's Games | Educational App Store](#) .

4. Private Online English Tutor Courses

What is your current English language level?

Pre-Intermediate (A2) I can speak some English but it's difficult.

Intermediate (B1) I can talk in English but need more vocabulary and still make mistakes.

Upper Intermediate (B2) I can confidently engage in conversation about most subjects in English.

Advanced (C1) I've mastered English. I'm fluent and articulate.

Preply - Online English tutors & teachers for private lessons

Looking for an online English tutor? Preply is the leading online language learning platform worldwide. You can choose from 11604 English teachers with an average rating of 4.9 out of 5 stars given by 92658 customers. Book a lesson with a private English teacher today and start learning. Not entirely happy with your tutor? No worries, Preply offers free tutor replacement till you're 100% satisfied. Looking for a different way to learn a language? Explore online English classes or find other resources to learn English online.

You have two options:

1. You can choose between 1-1 tutoring during the morning, afternoon or evening.
Hourly cost varies between £10 to £50 per hour. (Use the gauge to choose your price range)
2. Weekly Conversational Group sessions –Hourly costs are set at £6.88 per student. Students for these courses must be above Intermediate Level – “I can talk in English but need more vocabulary and still make mistakes”.
Google: Preply for more information or email at support@preply.com

Tutorful – Online English Tutors and Teachers for private 1-1 tuition

Use the filter to choose your budget (Tutors start at £15 per hour), time, day and level of English

If you would like to get in touch, don't hesitate to pick up the phone or drop us a message.

Call us on 0114 3830989 Monday-Friday 9am - 7pm

Superprof – Online English ESOL 1-1 Tutors

Whether moving to the UK for studies, for work or to seek asylum, one of the biggest obstacles to integration and acceptance in British society is the language barrier. If someone wants to find employment, take up studies, make friends or even simply visit the doctor or the post office, having a good level of English is essential. Learning a new language can be a huge challenge, but that's where Superprof comes in. We help to link up aspiring learners with ESOL accredited tutors in their area and at a price that they can afford.

Prices per hour range from £8 onwards.

Google: Superprof or email hello@superprof.com

5. Support to read English (Adult/Child)

Do know someone who struggles to read?

Read Easy Southampton offers free, confidential, one-to-one coaching for adults who struggle to read or need to improve their skills and confidence with reading. We are a small award-winning local charity affiliated to Read Easy UK. We recruit and train volunteer coaches and match them to provide regular personal skills coaching to adult learners, using a phonics-based programme. Coaching sessions take place in various approved venues and online coaching is an option. There are no exams or tests and coaching can continue for as long as each reader needs it. If you know someone who needs reading skills support

Contact: Allison Walker on 07392 517334.



SO:Linked

Supporting Southampton People & Communities

#8. Living Well with Dementia in Southampton

To add, delete or amend any SLIC or SOLID listing,
please email: solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please

email: dutynavigators@spectrumcil.co.uk or call: 02380 216050

Updated Autumn 2024

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1. Introduction

Dementia is an umbrella term that describes a group of symptoms that include problems with memory, thinking or language, and changes in mood, emotions, perception and behaviour. Dementia is a progressive disease, which means symptoms may be relatively mild at first, but they get worse over time. There are many types of dementia but Alzheimer's disease is the most common. Though dementia mostly affects older adults, it is not a part of normal ageing. Alzheimer's Disease is a chronic and progressive condition characterized by the decline of cognitive functions such as reasoning, remembering and planning. It affects people in different ways; no two individuals will experience exactly the same progression of the disease.

A person's personality, health and social situation are all important factors that influence the impact of dementia

Living well with dementia

A diagnosis of dementia doesn't necessarily mean you have to stop doing things you enjoy. In this compilation, we have put together some tips to help you to continue enjoying life and stay as independent as possible

Getting medical advice

If you think that you or a friend/relative of yours may be showing signs of the early stages of dementia, make an appointment with your local GP, who would refer you to one of the local Memory Clinics for further tests.

Getting the right diagnosis

It is very important to visit your GP as these symptoms may be caused by other factors such as anxiety over the current situation, bereavement or trauma, or an infection in the body. We are all individual and not everyone will experience all symptoms, everyone's journey will be different, the dementia navigators from the Alzheimer's Society can support and advise with the journey of dementia, some of the symptoms may include:

1. Memory loss that affects day-to-day abilities.
2. Difficulty performing familiar tasks.
3. Problem with language.
4. Disorientation to time & place.
5. Impaired judgement.
6. Problems with abstract thinking.
7. Misplacing things.
8. Changes in personality
9. Loss of initiative
10. Challenges with understanding visual & spatial awareness.

Take the test to check whether you have dementia?

[Checklist for dementia symptoms | Alzheimer's Society \(alzheimers.org.uk\)](https://www.alzheimers.org.uk)

2. Support Groups in Southampton

Alzheimer's Society in Hampshire

Type of support: Practical guidance to help people understand dementia, cope with day-to-day challenges, and prepare for the future. We listen to you and then help you access the local groups and services that can support you or your loved ones to live well with dementia. The Alzheimer's Society support people with cognitive impairment with or without a diagnosis of dementia, we support the person, friends, family and carers with their journey of dementia, and we also support in bereavement for 12 weeks after a person has passed away. This service provides support by signposting, referring, telephone support, family meetings outside the home and within the home.

Alzheimer's Dementia Support Line: dementia.connect@alzheimers.org.uk at these times: Mon–Wed 9:00-20:00, Thurs & Fri 09:00 – 17:00, Sat & Sun 10:00 – 16:00

Alzheimer's also have an Information Hub at Level G, West Wing, Southampton General Hospital, on Monday Afternoon from 1.30 to 6 pm. No appointment needed

Admiral Nurses

Type of support: On line support. The Admiral Nurses on our Helpline are there when people need help and the time to listen and the knowledge to solve problems. They work in local community services, local GP practices, NHS hospitals/Admiral Nurse clinics. Contact: 0333 1503456

Caraway Charity

Type of support: We are a Christian Charity which supports those living with dementia at home, in the community, and in residential care. They also run Memory Cafes throughout Southampton (see activity section).

Contact: 07535 164014

Unpaid Carers Support Southampton (formerly Carers in Southampton) Our service will continue under the line management of Citizens Advice Southampton and SVS. Our opening hours are Monday-Friday 9am – 5pm.

Contact: 023 80 832253

SCIA – support and care at home

Type of support: Our service supports you to maintain your chosen lifestyle so you can continue to live independently in your own home. We believe that each customer is unique with their individual preferences and needs. From helping you to cook a meal, tasks around the home, supporting you with personal care, providing a sit in service, we offer a range of services to support you. We're proud to be a not-for-profit organisation offering a personalised care service, led by you. Contact: 023 8036 6663

Note: The services previously operated by SCiA called Dial-A-Ride and Hospital to Home will end on Sept 27th 2024 due to funding cuts.

MHA Communities Southampton was established in January 2020 and supports over 100 older people (members) providing that 'little bit of help at the right time' to prevent loneliness, isolation and frailty triggering depression and lack of confidence, leading to illness and earlier than necessary admission to hospital and residential care.

Contact: 07563556090

Southampton Living Well (NHS)

Type of Support: Southampton Living Well offers daytime activities and a place to go for older people living in Southampton. Former daycare centres have been transformed into thriving activity hubs promoting friendship and fun, as well as day trips and activities. We encourage people to feel part of the local community, take part in activities and make new friends. We provide our members with a quality and bespoke service to suit their needs. Our activities and trips out can be tailored for elderly people who are living with dementia, are frail or need care support. We have a number of hubs across Southampton, with door-to-door transport to get members there and home again.

Contact: 023 8051 6024

Community Wellbeing Team, at Newton Clinic, 24-26 Lyon St, Southampton SO14 0LX

The service is NHS funded and offers a Health & Wellbeing Assessment to those aged 18+ and registered with a GP in Southampton City. The service is aimed at non-urgent care and therefore all appointments are planned. Click here for more information. An appointment can be arranged at your convenience in our outpatient clinics or in your own home. This will involve an assessment to identify and discuss your Health & Wellbeing Needs.

Contact: 02380 296070

Careline – provisions of alarms and pendants

Type of support: Careline is brought to you by Southampton City Council - The Careline service offers you help, security and peace of mind in your own home at the touch of a button. This help is available 24 hours a day, every day of the year. Careline consists of an alarm in your home and a pendant that can be worn around the home. Both of these pieces of equipment connect to a local monitoring and responding team that make sure that you get help when an alarm is raised.

Contact: 0800 999 0400

Choices Advocacy – legal advice for carers

Type of support – We can provide advocacy to ensure the right care and support, supporting clients on options & decisions, making a complaint.

Contact: 023 8078 3715

CCG Healthcare (NHS Clinical Commissioning Group)

Type of support: Free support and advice for Hospital discharge and care and to assist in finding the right care home for your needs. We provide patient flow and pathway solutions. We are uniquely placed to support patients and their families as they navigate their health and care journeys. Our expertise and digitally-enabled services ensure optimal health and well-being outcomes for everyone.

Contact: 023 8062 7444

MARC - Memory Assessment & Research Centre

The award-winning centre conducts clinical trials into mild cognitive impairment and different types of dementia. The aim of the research is to understand how to diagnose, treat, cure and prevent dementia.

Contact: 023 8047 5206

RNID (formerly Action on Hearing Loss)

Type of support: Research shows that **hearing loss** in mid-life is associated with an **increased risk of dementia** in later life.

Contact: Kim (Text Only please): 07769 976 266

Research done on sleep deprivation/sleep apnoea

A strong correlation between the two has been seen in studies of people who suffer from sleep apnea and show signs of age-related cognitive decline. More research is being done in the area to more firmly establish causation, as well as possible therapies that can address sleep apnea and stop the brain damage that leads to dementia. Sleep apnea and vascular dementia are likely linked through reduced oxygen levels. When someone has sleep apnea, their breathing is interrupted due to obstructions and can sometimes occur hundreds of times a night. The result is less oxygen in the blood, which could leave brain tissue vulnerable to damage. Visit: [Is There a Link Between Early Onset Dementia and Sleep Apnea? - CPAP.com Blog](#)

3. Weekly Activities for Those Living With Dementia and Their Carers

Note: Would you be interested in helping to set up a new dementia friendly activity or group, or to get together with others helping your local community to be more dementia friendly? Or maybe you'd like training to be a dementia friend? Please get in touch with us at SO:Linked by calling 023 8021 6050

Living Well Activity Centres, (SCiA/Southampton Living Well)

These day centres are free if you have a reference from SCC staff.

If self-referred, it would cost: £62 for the day, that includes a 2-course lunch and the transport to and from the hubs.

Call first to book a place on 023 8051 6024

Call Alison Fisher on 023 8051 6024 (to see if you are eligible for a free place)

Freemantle Community Centre, Randolph Street

Mon-Fri | 9am–3pm Please call and check if you are eligible for a free place

Contact: Alison Fisher on 023 8051 6024

Chamberlayne Leisure Centre. 150 Weston Lane, SO19 9SJ

Mon-Fri | 9am–3pm. To see if you are eligible for a free place:

Call Alison Fisher on 023 8051 60 24

Age UK Padwell, Padwell Rd, SO14 6QJ

Mondays to Fridays 9.00 am to 3.00 pm.

Call Alison Rood on 023 80 227166

Mondays

Shirley Memory Café at Make & Brew Memory Café at St James Rd **SO15 5HE**

2pm-4pm on **3rd Monday** of each month

Contact: Liz on 07789 501249

Gardening for Dementia

Mayfield Nurseries, Mayfield Park, Weston Lane, **SO19 9HL**

Mondays 1.00pm – 3.00 pm

Mayfield Nurseries provides a safe and supportive environment for people with Dementia to build confidence and develop new skills through a fun and caring approach to gardening. If you require specialist 1:1 support to comfortably enjoy Mayfield's Services, you are welcome to bring a carer or loved one

Contact: 023 8044 7743

Denys Friendlies at St. Denys Church Centre, Dundee Rd, **SO17 2ND**

Monday 10am-12.00 apart from Bank Holidays. A fun informal drop in for adults of all ages to meet and socialize located in and around the St Deny's area in the heart of Southampton. Every The mornings feature Games, seated exercise, puzzles, baking, crafts, trips out, conversation and laughs. Welcomes people living with dementia, mental health issues and carers. Just come along. Children not able to be accommodated. Social group for people living with dementia or mental health issues or just seeking company.

Contact: Antonia on 07522 646 170

Sholing Memory Café at St Marys Church, St Monica Road, Sholing, SO19 8ES

On the 4th Monday of each month from 1pm until 3pm

Contact: 07535 164014 or 02380 425406.

Tuesdays

Monty's Majors, 59 Montague Ave, SO19 0QB

Every Tuesday from 1.30pm to 3pm

Contact:07493 306 046

Thornhill Memory Café Medwell Court, Tatwin Close, SO19 6JQ

2pm – 4pm every 1st Tuesday of each month.

This Dementia Café at Medwall Court is run by the Admiral Nurses and has been created for people living with memory loss, or dementia, & their carers to meet regularly with other people in similar situations. Some weeks there is a guest speaker. They include gentle exercises, reminiscence, games and quizzes.

Refreshments provided

Contact 0300 123 4026

St Denys Memory Café, Dundee Rd SO17 2ND

On the first and third Tuesday from 2pm to 4pm

Activities as above.

Contact 07766745503

Maybush Memory Café, Potters Court, Wimpson Lane, SO16 4JA

On the third Tuesday from 2pm to 4pm

Activities as above

Contact: 07535 164014 (Caraway)

Wednesdays

Lordswood Memory Café at Cafe 153, Kings Church Centre, 414 Coxford Rd,

Lordswood, SO16 5LL On the 1st Wednesday of each month from 2pm to 4pm

Contact: Sally Collins 07712 182266

Thursdays

Coffee, Cake & Connect at Lordshill Church **SO16 8HY**

Every Thursday from 1.30 to 3pm

For those with Dementia and their carers. A drop-in for older residents in Lordshill. Opportunities to participate in activities: jigsaws, knitting, craft or just relax and chat. No charge but donations welcome. Contact: 07535164014

Classic Cuppa at St Mary's Church, St Monica Rd, **SO19 8ES**

Every Thursday from 10.00 am -11:30 am

A drop-in session to meet friends and play games

Contact: 023 8044 8337

Singing for the Brain

Thursdays from 2.45 to 4.00 pm at Thornhill Baptist Church, Thornhill Park Road, Southampton, **SO18 5TR**

Contact: 023 8061 0159

The Memory Box Foundation – at the Northam Community Centre

Kent Street, Southampton **SO14 5SP**

Every Thursday from 11.00am to 1.00 pm.

Contact: Catherine West, 023 8071 5446

Denys Friendlies at St. Denys Church Centre, Dundee Rd, **SO17 2ND**

Come in for a hot drink and chat. Informal setting. All welcome.

Contact: Antonia on 07522 646 170

Fridays

MAST Theatre Reminiscence Café, 142-4 Above Bar Street, **SO14 7DU** 1st

Friday each month, 2-4pm

Contact: 023 80711811 to book a space

MHA Singing for Wellbeing Hebron Court/Hampton Lodge

Every Friday 11am-12pm

Contact 07563556090 (Emily)

4. On Line Resources and Activities

Alzproducts: (Alzheimer's Association) Our range of dementia activities have been designed to be fun for individuals with cognitive loss; this can be in a care home with carers and other residents, or in the house with friends and family. Our products are perfect activities for Alzheimer's patients. Search: [alzproducts.co.uk/Activities for Dementia](http://alzproducts.co.uk/Activities%20for%20Dementia)

Alzheimer's Society: Search: www.alzheimers.org.uk/publications - free publications and free delivery on many different sources of information on dementia and memory loss.

The Memory Box Foundation

The Memory Box Foundation provides much loved and valued services for older people living in our local community including a Memory Box loan service to care settings for reminiscence activities, Reminiscence sessions in public spaces for over 50s.

Contact: Catherine West, 023 8071 5446

Living with Dementia Toolkit

This set of resources is based on research, and the expert experiences of people with dementia and their carers. These resources are here to: • give you hope for the future • inspire you through real-life examples • offer ideas to help you live your life as you choose. For more information, Search: living with dementia toolkit.

Contact: 01392722907

FolkActive Dances at Freemantle Community Centre, Randolph Street, SO15 3HE Wednesday 2.00 to 3.30 pm every second week of the month (except August)

Cost: £5 per session. Come and meet new people, keep active and learn some simple folk dances to suit all levels of activity

<https://www.folkactive.org.uk/wellbeing/folkactive-dances/>

MHA/Coleman Training

Join the free online training to gain a better understanding of dementia and learn about support strategies:

Tuesday 20th February 6.30-8pm

Wednesday 13th March 2.30 – 4 pm

To find out more and how to book, visit: <https://bit.ly/3FvcusN>

5. Understanding Dementia Toolkit

Books:

Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief by Pauline G. Boss. Doctor Boss helps caregivers find hope in ambiguous loss--having a loved one both here and not here, physically present but psychologically absent.

- **The 36-Hour Day:** A Family Guide to Caring for People with Alzheimer Disease, and Memory Loss in Later Life by Nancy L. Mace. Featuring useful takeaway information to prevent/or cure dementia.
- **Creating Joy and Meaning for the Dementia Patient:** A Caregiver's Guide to Connection & Hope by R. Parsons. A new approach to Alzheimer's Care
- **Dealing with Early Onset Alzheimer's:** Love, Laughter & Tears by Sonia Discher. Story of caring for her husband.
- **Somebody I Used to Know:** A Memoir by Wendy Mitchell shares the heartrending story of her cognitive decline and her fight to slow it down
- **Great Nanny Doesn't Remember Me:** Dementia Explained To Kids by William Bentrin. A simplistic explanation of general dementia to a primary-age child.

Films:

The following films address the experience of living with dementia:

- The Father (2020)
- Still Alice (2014)
- Away From Her (2007)
- The Savages (2007)
- Aurora Borealis (2006)
- The Notebook (2004)

Talking point: Search: alzheimers.org.uk/talkingpoint - a forum where carers/people living with dementia, can share ideas & support each other

Dementia Awareness Courses

Dementia Awareness Courses are informal sessions that explain the symptoms, and aspects of care needed to support a person living with dementia. Any group, charity or organisation can book a free session which lasts 60-90 minutes by Debbie Hendry (Dementia Ambassador) who can be contacted through Dementia Friendly Southampton by emailing: hsiccg.solinked@nhs.net

Playlist for Life is a music and dementia charity. Everyone with dementia to have a unique, personalised playlist and everyone who loves or cares for them to know how to use it. Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. https://www.solinked.org.uk/community_services/playlist-for-life-daily-support-for-those-living-with-dementia

Dementia Specialised Care Home in Southampton:

MHA - Southampton Dementia Care Home, Respite Care (Charity)

MHA is a pioneer of person-centred dementia care in the UK. Our dementia care homes offer specialist support for people living with dementia, focusing on their individual needs with understanding and expertise to help residents live later life well.

With a reputation for providing some of the highest quality care, our person-centred approach recognises each person as a unique individual and addresses their own spiritual/physical needs, with reassurance and support. Our purpose-built dementia care homes, such as Hampton Lodge also offer respite care at Hampton Lodge, 33 Hill Lane, SO15 5WE

Contact: 07563556090

As a charity, we cannot endorse other Care Homes but you will find a list if you search for: [Live In Care Comparison](#)



SO:Linked

Supporting Southampton People & Communities

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To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To access the SOLID Southampton Directory,

Click on: <https://solinked.org.uk/>

For Community Navigation, please email: dutynavigators@spectrumcil.co.uk or
call: 02380 216050

Updated Autumn 2024

9. Mental Health Support In Southampton

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1. Definitions of Mental Health Illness
2. Support Groups in Southampton
3. Wellbeing activities and Peer Support Meetings in Southampton
4. Training courses on Mental Health available in Southampton or online
5. Types of Mental Health Issues and where to find specific support
6. National Helplines for out of hours support
7. Domestic and Sexual Abuse Support

1. What is Mental Health?

For more information, click on this link: [Mental health problems - introduction](#)

This leaflet explains what mental health problems are, what may cause them, and the many different kinds of help, treatment and support that are available. It also provides guidance on where to find more information, and gives tips for friends and family.

Crisis Support in Southampton. Visit: [Crisis support for mental health problems | SMHN](#) (Southampton Mental Health Network)

Or text SHOUT to 85258

2. Support Groups in Southampton

SOLENT MIND

Solent Mind is here for anyone that needs help with their mental health. We offer a range of support by telephone, face to face or online including peer support groups where you meet and get support from people who understand what it is like to struggle with their mental wellbeing. If you feel low, anxious or need someone to talk to, speak to a trained mental health advisor through our support line:

Contact: 023 8017 9049 open from 9am to 7pm weekdays and 10am to 2pm weekends. For all other enquiries call 023 8202 7810

No Limits

No Limits are offering free and confidential support for children and young people up to the age of 26 in Southampton and Hampshire. If you need to access advice and support you can speak to a trained Youth Worker.

Contact: 02380 224224

CCG (Clinical Commissioning Group)

No Wrong Door (NWD) is what we are calling the adult community mental health transformation programme across Hampshire, Southampton, Isle of Wight, and Portsmouth. With the No Wrong Door, whether you approach your GP, a charity, council or NHS team, you will be helped to access the support you need.

Contact: 023 8062 7444

Options Wellbeing

We offer a range of professional and affordable counselling and wellbeing support in Southampton, Hampshire and Dorset. We help people with a wide range of life issues including anxiety, depression, stress, bereavement and loss, low self-esteem, relationships, trauma, eating difficulties and addictions through counselling & therapy, personal wellbeing and healthy lifestyle programmes.

Contact: 023 8063 0219

NHS Mental Health Triage Service

This service provides advice, support and guidance, 24 hours a day, seven days a week, for anyone living in Southampton and can be accessed by phone by dialling 111. (In an Emergency: 999)

Autism Hampshire

Our team are able to offer support, guidance, information and advice relating to autism matters or concerns you might have, and help you to work out coping and adaptive strategies for anxieties, behaviours and/or social skills.

Contact: 078 5578 8139

Breakout Youth support young people aged 11-25 and identify as LGBTQ+ (lesbian, gay, bisexual and transgender) or YP that are questioning their sexual and/ or gender identity. Providing weekly youth groups and 1:1 support by trained youth workers.

Contact: 023 802 24 224 or enquiries@breakoutyouth.org.uk

Unpaid Carers Support Southampton (formerly Carers in Southampton) Our service will continue under the line management of Citizens Advice Southampton and SVS. Our opening hours are Monday-Friday 9am – 5pm.

Contact: 023 80 832253

Choices Advocacy

Local help for any legal issues regarding mental or physical health

Contact: 02380783715

Southampton Domestic Abuse Support (see Section 7 for more National Domestic and Sexual Helplines, covering diverse issues)

Yellow Door

We offer a wide range of specialist therapeutic, support and prevention services to anyone at risk from or affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm. We work with any gender and we have a few gender-specific services.

Contact: 023 8063 6312

PIPPA

It is an alliance group of specialist sexual and domestic services in Southampton, working to end domestic and sexual violence and abuse. Pippa offers a range of professional training courses, information and educational material.

Our expert domestic abuse advisers will be able to give you safety advice, guidance and onward referral to a specialist worker if you want it. You can call us between 9:30am to 4:30pm, Monday to Friday.

Contact: 023 8091 7917

CIS'ters

Our mission is to raise awareness of the existence of sexual abuse during childhood and to highlight the needs of those directly and indirectly affected. We are a peer-based organisation and offer adult females, who as female children were sexually abused within a family environment, the opportunity to join CIS'ters as a member.

Contact: 023 8033 8080

Community Wellbeing Team, at Newton Clinic, 24-26 Lyon St, Southampton SO14 0LX

The service is NHS funded and offers a Health & Wellbeing Assessment to those aged 18+ and registered with a GP in Southampton City. The service is aimed at non-urgent care and therefore all appointments are planned. [Click here for more information.](#) An appointment can be arranged at your convenience in our outpatient clinics or **in your own home**. This will involve an assessment to identify and discuss your Health & Wellbeing Needs.

Contact: 02380 296070

Saints By Your Side

The event is open to **men living in Southampton** and is a Southampton FC and Saints Foundation mental health initiative that offers advice and guidance to help fans and the people of Southampton better manage their mental wellbeing. This programme supports men in the local area through face-to-face group sessions held at St Mary's Stadium. The sessions offers participants a safe space and supportive environment to come together and learn ways to improve their wellbeing. <https://www.southamptonfc.com/en/refer-yourself-to-saints-by-your-side>

3. Local Wellbeing Activities and Meetings

If your needs are urgent and you can't get a GP appointment for a few weeks, you could also visit/be referred by the **Southampton Mental Health Network** at the following venues:

Central – College Keep, 4-12 Terminus Terrace, SO14 3DT. Call 023 82310726

West – Cannon House, 6 Cannon Street, SO15 5PQ. Call 023 8087 8040

East – Thorold Rd, First Floor, Bitterne Park Medical Centre, Thorold Road, SO18 1HZ. Call 023 8231 0982

The Lighthouse (2 venues)

Shirley: Options Wellbeing, The Annexe, 147 Shirley Road, SO15 3FH

Bitterne: 432 Bitterne Road, SO18 5RT

The Lighthouse is an informal, non-judgemental, out-of-hours mental health service for anyone **over the age of 18** who requires short-term support with their mental health.

1. You can access the service through <https://attenduk.vc/the-lighthouse> where you will be taken to a virtual waiting room and will then be asked for your full name and DOB. You can get video support, online chat or call support on this service. Alternatively, you can drop-in to either venue between the hours of **4:30pm and 10:30pm**. Please note, face to face support ends at 11:00pm
2. If you are unable to drop in and do not have internet access, you can text Lighthouse to 07789390812.

At the Lighthouse, we are unable to give medication or therapy, but we are able to provide in-the-moment support on your terms. Our team is made up of people who have lived experience of their own mental health challenges and people who hold a professional registration. Our team may also help you find more support from other services, whether it be immediate or urgent care, primary or secondary care or even linking in with services you are already in contact with.

NOTE: Although the NHS team use the options Wellbeing venue – it is not connected to the services connected with the Options Wellbeing.

Mondays

Denys Friendlies at Dundee Road, SO17 2ND. Monday 10am-12pm.

A vibrant, welcoming and supportive group where adults can come together for conversation, activities and outings. We particularly welcome people who live with anxiety and mental health concerns. Denys Friendlies is a safe space for individuals to make friends and take part in activities as part of a group.

Contact: 023 8067 1757

Wellbeing Café at Thornhill Baptist Church, Thornhill Park Road, Southampton **SO18 5TR** Every Monday from 9.00-11.30am

Our Wellbeing Café offers a community space where we can relax from some of the pressure points in life. You can enjoy a hot drink with toast and cakes or biscuits, connection with various community partners and a craft table for adults. Making your well-being our highest priority.

Contact: 023 8046 4121 (24 hours answerphone)

Music for the Mind/Soco at Planet Sounds, 40 Terminus Terrace **SO14 3FE**

Free session Mondays 13.30-15.00. Express yourself through a range of activities that will help you hone your lyrics and songwriting skills.

Contact: mark@socomusicproject.org.uk

Tree Of Life Café at Colne Avenue Baptist Church, Millbrook **SO16 9NX**

Monday's - 13.30 to 15.30. Free tea or coffee plus cake!

For users of mental health services in Southampton. A safe space for chat, craft and activities.

For more information Contact: Southampton@southernhealth.nhs.uk

MHA Tai Chi

Peartree Church Hall, Peartree Road **SO19 7RT**

Mondays 2.30 to 3.30 pm (except bank holidays)

Contact: 07999 407548 (Tabatha)

Lordshill Coffee Morning Social at Cromarty Rd, Lordshill, **SO16 8LX**

From 10-12am – free entry, free cakes, and free tea and coffee!

Come in for a chatter

Contact: 07999 407548 (Tabatha)

Community Drop In/Music for the Mind at St James' Park, Church Street,

SO15 5LW. The Drop in runs from 11.00-4.00 p m. It's a social drop in club for over 18. Games, chat, biscuits and a cuppa.

Also from 10am-12.30pm, SoCo will present Music for the Mind for those who like to play/listen to music.

Contact: mark@socomusicproject.org.uk for Music for the Mind and events@fosjp.org.uk for more information about the Drop In.

Tuesdays

Online Light Hearted Quiz from 11am-12pm (Zoom) Solent MIND
Please email us at sidebyside@solentmind.org.uk for more information

Sport in Mind Yoga from 2 – 2.50pm at St Mary's Leisure Centre, 118A St Mary's Rd, **SO14 0BL**.

Sport in Mind is the charity that uses sport and physical activity to improve the lives of people experiencing mental health problems.

This weekly yoga session is free to attend, open to all abilities, delivered by our lovely instructor, Michelle, and all equipment is provided! Come along for gentle yoga in a safe & welcoming space, to help us move more to feel better.

Contact: info@sportinmind.org or call **0118 9479762**

Solent Mind's Games Group at October Books, Portswood Rd, **SO17 2NF**.

From 5pm-6.30pm. Card and board games, tea and biscuits with friendly faces. Open to all.

Contact: sidebyside@solentmind.org.uk for more information

Peer Support for Trans and Non-Binary people

Solent Mind provides a safe place where you can socialise, and explore your mental health. The group meets in a small private space every Tuesday alternating weekly between in person and online sessions. The group is led by trained trans and non-binary Peer Support staff and volunteers, and come together to discuss all aspects of our mental health – gender-related and otherwise. This is a safe space in which you can be yourself, be heard, and be respected, all while receiving the support of your peers.

Contact: Sidebyside@solentmind.org.uk or call/text Ashley on 07971740065

Songwriting (Music for the Mind/Soco) Free session Tuesdays 15.00-16.30 at The Pavilion, Hoglands Park, Southampton City Centre

Take part in and express yourself through a range of activities and games that will help you hone your lyrics and songwriting skills.

Must be pre-registered with Mark

Contact: mark@socomusicproject.org.uk

Vocal and Instrumental (Music for the Mind/Soco) at Planet Sounds, 40 Terminus Terrace **SO14 3FE**

Every Tuesday from 15.30-17.00 Free session

Explore sounds and rhythms from around the world, as well as techniques in mindfulness through meditation and singing.

Must be pre-registered with Mark

Contact: mark@socomusicproject.org.uk

My Time to Chat at the Ascension Centre, Thorold Rd, SO18 1HZ. from 2.00pm to 4.00 pm 023 8055 9074 – just turn up and enjoy the afternoon.

This group is run by local social prescribers from the Living Well Partnership and supported by a member of the Ascension Staff Team.

Contact: Charlie Gibbs charlie@ascensionsouthampton.co.uk

Wednesdays

Vocal Group (Music for the Mind/Soco) Free session Wednesday's 13.30-15.00 at Edmund Kell Unitarian Church **SO15 2AY**

Whether you are a confident singer or looking to find your voice , join us for group singing at our vocal group. Must be pre-registered with Mark

Contact: mark@socomusicproject.org.uk

Folk Active Dances from 2.00 pm to 3.30pm **on the second Wednesday** of the month (except August) at Freemantle Community Centre, Randolph Street, **SO15 3HE**. Come and meet new people, keep active and learn some simple folk dances to suit all levels of activity. Entry £5 per session

Contact: <https://www.folkactive.org.uk/wellbeing/folkactive-dances/>

Fun and Social Café at Friends of St James' Park **SO15 5LW**

From 11.00-16.00. Drop in and join like minded people where we play a lot of board games, like Scrabble and Rummikub. We make draw pictures, make jewellery, glass painting, make gonks, hammerheads and so much more. We have tea and coffee, plus biscuits (we do love our shortbread biscuits). Now and again we have cake and we love celebrating birthdays and other occasions. We are also here to help you with basic IT issues. (Like setting up email accounts, paying bills, Skype etc). Feel free to ask us about mobile phones too, we will do our best to help.

Contact:events@fosjp.org.uk or call **023 8077 9763**

Kintsugi HOPE Wellbeing Courses at Portswood Church, **SO17 2FY**

Depending on demand, we will run a course on a Wednesday afternoon 1.15-2.45pm and/or Wednesday evenings 7-8.30pm from 16th October.

For more information or to sign up, please go to one of the below links! Why not bring along a friend?

Contact: 023 8039 9658 or email booking@portswood.org

Thursdays

Recovery from Addictions Cafe from 10 am at Edmund Kell Unitarian Church, Bellevue Rd, SO15 2AY.

This is a group to promote social interaction with like-minded people in recovery from addiction. Tea, Coffee, Biscuits, Chat, maybe a Quiz, all free of charge! Run by CGL.

Contact: 023 807 17171 or email Julita.Layton@cgl.org.uk

Solent MIND Creative Journaling Group at Solent Mind, 28 The Avenue, **SO17 1XN**. From 10-30am till 2pm. Do you enjoy drawing, painting, collaging and learning new wellbeing tools? Join us for a cup of tea, a biscuit, and a warm welcome whilst we work creatively on our journals.

Contact: sidebyside@solentmind.org.uk

Solent MIND Sit and Chat, Riverside Walk and Talk –

12.00-2pm at The Old Chemist in Bitterne Triangle, SO18 1NP

We meet at the Old Chemist at midday and sit and chat about a wellbeing topic before we set off. The walk is at a leisurely pace on easy terrain and takes around 45-60 minutes. Spending time in nature is great for both your emotional and physical wellbeing. It can help us draw parallels with our lives, help us find some perspective and build our confidence.

Contact: sidebyside@solentmind.org.uk or call 023 8020 8920 (not in use)

Denys Friendlies St. Denys, Dundee Road, SO17 2ND.

Come in for a hot drink and chat.

Contact: 023 8067 1757

Junk Orchestra (Music for the Mind/Soco) at Planet Sounds, 40 Terminus Terrace SO14 3FE Free session From 15.00-16.30. Make and play your own unique instrument at our Junk Orchestra: trash can drum kit, bottle cap shaker, drain pipe rainmaker & more!

Must be pre-registered with Mark

Contact: mark@socomusicproject.org.uk

Fridays

CGL/Solent MIND Drop-In Support for Recovering Addicts from 1pm – 2.30pm at Edmund Kell Unitarian Church, Bellevue Road, Southampton, SO15 2AY. This Solent Mind mental health group is designed for people who are experiencing issues with drug or alcohol addiction issues and is part of your recovery journey.

Contact: 02380 717171

Beginners Music (Music for the Mind/Soco) Free session Fridays 12.30-14.00 at The Pavilion, Hoglands Park, Southampton City Centre

Looking to get started in your musical journey? Join us at beginner music making to learn about traditional instrumentation such as guitar, bass, or drums or to explore digital music making.

Must be pre-registered with Mark

Contact: mark@socomusicproject.org.uk

Jamming Sessions (Music for the Mind/Soco) Free session Fridays 15.00-16.30 at The Pavilion, Hoglands Park, Southampton City Centre

Improve your musical skills and perform with others. Join our fun band jamming sessions where you'll be supported to learn indie, pop, rock, folk and more. Opportunities for performing at local events!

Contact: mark@socomusicproject.org.uk

Healthy Headspace Every Friday from 9.15 am. to 10.15 am at Hinkler Road Community Centre, **SO19 6DF**

An informal session on a Friday morning to encourage positive thinking. No need to book but we encourage participants to arrive on time.

Contact: Astrid on 07952 904 052

Women's Group on the 1st/3rd Friday of the month @ 12pm–2pm, Victory Gospel Church, SO17 2NH. This is a Peer support group for women only. 'The Surgery' is a support group for women experiencing mental health illnesses. It's a place of safety where women are treated according to their individual needs. supported by Solent MIND

Contact: Vivienne on 07784 683600

Solent MIND Art, Puzzles and Chat group from 17.00-19.00 on Fridays at Woolston Community Centre, **SO19 9FU**.

Contact: sidebyside@solentmind.org.uk

Happy Café – at Parklife Café, St James Park, SO15 5SD

From 10.00 am – 3.00 pm - a friendly social group for all, especially anyone who is feeling isolated or struggling with their well-being. Free cake or pastry with every hot drink.

Contact: call 023 8077 9763 or email info.parklifecafe@gmail.com

ONLINE ACTIVITIES

Frazzled café

There are several forums every day for anyone to join in for mental wellbeing, founded by Ruby Wax– just book on the link here: : [Frazzled Cafe Online - Booking by Bookwhen](#)

TOUCH

Through sharing and celebrating our personal stories of resilience, TOUCH aims to prevent struggles with mental wellbeing beginning, or getting worse. See their website for upcoming events

Contact link: [Neighbourhood Storytelling Events » Touch Network CIC](#)

CALM (Campaign against living miserably)

If you're struggling, you can talk to CALM. Chats are free, confidential and anonymous.

Contact: 0800 585858

Moving in the Moment by FolkActive (online dance exercise sessions)

Dementia-friendly video sessions with live music. Gentle music and movement video sessions for people living with by dementia and their carers. Each session includes a mix of live music, simple movement and dance, and songs you can sing along with.

Cost: free

Visit: <https://youtu.be/EmjZMR2kDa4>

4. Training courses on Mental Health

Workplace Wellbeing Training (Solent MIND)

or call 07833 288418 Proceeds from training help us to continue supporting people with mental health issues in our local community. For information about available courses, visit: <https://www.solentmind.org.uk/training/>

To find out more or discuss your training needs, please email: training@solentmind.org.uk

SAFE

SAFE run courses adopting a cognitive behavioural therapy-based approach, coupled with practical vocational training to help people understand and overcome the barriers preventing them from moving forward in their lives and in work.

Contact: 023 8021 6010

The Bereavement Journey

Are you grieving the death of a loved one or struggling with the long-term effects of loss? An online six-session course is available

Call: 023 8023 4000 City Life or 023 8033 0851 (St Mary's church)

Steps to Wellbeing

[Referral needed](#) See explanation on page 3

Our courses are used as standalone therapies, or in combination with one-to-one therapy. To find out which courses are currently available:

Visit: [Steps to Wellbeing \(solentgp.nhs.uk\)](http://Steps to Wellbeing (solentgp.nhs.uk)) or **Contact:** 023 8027 2000

Contact: 023 8027 2000

Tastelife UK Eating Disorders Support Courses

Tastelife believes in breaking free from eating disorders and rediscovering life in all its fullness. Tastelife offers hope for sufferers and help for their supporters throughout the 8-session community. To find out which online courses are currently available, visit: [Online tastelife course - tastelife uk](#)

Contact: 023 8063 0219 for information about local courses

WRAP Course (Options Wellbeing/The Recovery College)

Wellness Recovery Action Planning (WRAP) course: We offer a WRAP course, which is a friendly two-hour session designed to increase participants awareness of the importance to protect and maintain wellbeing and mental health and practical advice on how to do this.

You can also attend a WRAP at The Recovery College, Thomas Lewis House, 236 Empress Road, SO14 0JY

or at SCIA/Options Wellbeing Centre, 147 Shirley Rd, SO15 3XH

Contact The Recovery College 07880 004 828 or

Contact: Options Wellbeing Courses/SCIA at 023 8063 0219

5.Types of Mental Health Issues

If you've been diagnosed with a mental health problem you might be looking for information on your diagnosis, treatment options and where to go for support. We suggest that you go to this website and search the appropriate medical term:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems>.

Below is a summary of common mental health issues.

Anger

Anger is a natural, instinctive response to threats and becomes a problem when you have trouble controlling it, causing you to say or do things you regret. It can also quickly escalate to verbal or physical violence, harming you and those around you.

Anxiety and panic attacks

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

Bipolar disorder

Bipolar is an emotional amplifier where you experience ecstatic moods and then sad depressive moods.

Body dysmorphic disorder (BDD)

When you experience compulsive and repetitive behaviours and routines to deal with the anxiety you feel about your appearance, such as constantly checking yourself in the mirror.

Borderline personality disorder (BPD)

When you have difficulties with how you think about yourself, feeling insecure about who you are, and finding it really hard to make and keep stable relationships, and feeling empty and useless.

Depression

Depression is a low mood that lasts for a long time, and affects your everyday life. In its mildest form, depression can mean just being in low spirits, making everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal.

Dissociation and dissociative disorders

When you feel disconnected from yourself and the world around you. For example, you may feel detached from your body or feel as though the world around you is unreal. It can happen after a traumatic event as a way of coping.

Eating problems

When the need to control your food intake has become the most important thing in your life. The most common are:

Anorexia when you're not eating enough food to stay energised so become weak and develop low self-esteem, negative self-image and feelings of intense distress.

Bulimia you may experience a cycle of what's called bingeing (overeating) and purging (getting rid of the food)

Hearing voices

When you hear a voice (or voices) when no one is present with you, or voices that other people with you can't hear. You might not mind your voices, or even find them comforting and helpful. You might find them irritating or distracting. Or they might feel frightening and intrusive.

Hoarding

When you have collected so many things, your surroundings become cluttered but you find it difficult or impossible to throw things away. You feel a strong need to keep things, but in doing so, causes you distress.

Hypomania and mania

Hypomania and mania are periods of over-active and excited behaviour It can be short term (Hypomania) or long term (Mania). It may be part of another mental health disorder, and some people find hypomania and mania enjoyable, while others find them very distressing or unpleasant.

Loneliness

When you feel your need for rewarding social contact and relationships are not being met, or you don't feel understood or cared for by the people around you. Many things can bring on loneliness: the loss of a loved one, retirement, new surroundings or career where you don't know anyone and certain times of year, such as Christmas or anniversaries.

Obsessive-compulsive disorder (OCD)

When your obsessions and compulsions have a big impact on how you live your life such as disruption to your day-to-day life and constant obsessive thoughts can make it hard to concentrate and leave you feeling exhausted. It's not just about being tidy, it's about having no control over your negative thoughts. It's about being afraid not doing things a certain way will cause harm.

Panic attacks

Panic attacks are a type of fear response. They're an exaggeration of your body's normal response to danger, stress or excitement. During a panic attack, physical symptoms can build up very quickly. These can include: a pounding or racing heartbeat, feeling faint, dizzy, light-headed or nauseous, fearing you are going to faint, have a heart attack or going to die.

Paranoia

Paranoia is thinking and feeling like you are being threatened in some way, even if there is no evidence, or very little evidence, that you are.

Paranoid thoughts could also be exaggerated suspicions, that someone is planning a way to harm or humiliate you.

Personality disorders

When you experience significant difficulties in how you relate to yourself and others and have problems coping with the way you think, feel and behave. You may struggle to start or keep friendships, to control your feelings and behaviour, or get on with people. There may be an intensity to your emotions that makes them feel frightening and overwhelming.

Phobias

A phobia is a type of anxiety disorder. It is an extreme form of fear or anxiety, triggered by a particular situation or object. For example, you may know it's safe to be out on a balcony in a tall building, but still feel terrified to go out on it. You may know that a spider isn't poisonous or that it won't bite you, but this still doesn't reduce your anxiety.

Postnatal depression & perinatal mental health

When you are pregnant or have recently had a baby and you're feel a lot of social pressure to act happy and excited, be on top of everything, when in reality, you are tired, stressed and worried and feel that you're failing as a mother or are afraid that someone will take your baby away from you if you are open about how you're feeling.

Post-traumatic stress disorder (PTSD)

When something traumatic happens in your life it rocks you to the core. The world is no longer a safe place. It becomes somewhere that bad things can and do happen. You may experience flashbacks of the trauma and having trouble sleeping. Different sights or sounds can trigger bad memory and cause great fear and anxiety.

Premenstrual dysphoric disorder (PMDD)

PMDD causes a range of emotional and physical symptoms every month between when you ovulate and when your period starts. Experiencing PMDD can make it difficult to work, socialise and have healthy relationships.

Psychosis

When you perceive or interpret reality in a very different way from people around you. The most common types of psychotic experiences are hallucinations, delusions and disorganised thinking and speech.

You may find that it makes you feel very tired, overwhelmed, anxious, scared, threatened or confused, and leaves you finding it very difficult to trust others. You may feel misunderstood and frustrated if other people dismiss your experiences as untrue when they seem very real to you.

Recreational drugs, alcohol and addiction

Recreational drugs and overuse of alcohol can affect the way you see and experience things, your mood and your behaviour. How you react to recreational drugs is likely to depend on what you take, how you take it, and how you feel at the time. You may also depend on them to help with feelings that you struggle to deal with in other ways. If you use drugs and alcohol in this way, you may be experiencing addiction.

Schizoaffective disorder

This is a condition where symptoms of both psychotic and mood disorders are present together during one episode (or within a two-week period of each other). You might have times when you struggle to look after yourself, or when your doctors consider that you lack insight into your behaviour and how you are feeling.

Schizophrenia

Schizophrenia is related to psychosis. You may experience a lack of interest in things, feeling disconnected from your emotions, difficulty concentrating, wanting to avoid people, hallucinations, such as hearing voices or seeing things others don't, delusions (strong beliefs that others don't share), including paranoid delusions, disorganised thinking and speech, not wanting to look after yourself.

Seasonal affective disorder (SAD)

This is a type of depression that you experience during particular seasons or times of year. Depression is a low mood that lasts for a long time, and affects your everyday life. If you have SAD, you'll experience depression during some seasons in particular, or because of certain types of weather or temperature. You can have it in winter or summer.

Self-esteem

Self-esteem is how we value and perceive ourselves. Healthy self-esteem is when you like and value yourself as a person, you can make decisions and assert yourself, recognise your strengths, feel able to try new or difficult things, show kindness towards yourself, move past mistakes without blaming yourself unfairly, take the time you need for yourself, believe you matter and are good enough, believe you deserve happiness. Low self-esteem can affect you negatively and lower your self-confidence in all of these things. It's based on our negative beliefs about ourselves, which can feel difficult to change without help.

Self-harm

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to express something that is hard to put into words, turn invisible thoughts or feelings into something visible, change emotional pain into physical pain, reduce overwhelming emotional feelings or thoughts, and have a sense of being in control

Sleep problems

The things that affect our sleep differ for everyone. They can include stresses or worries about money, housing or work; health conditions (sleep disorders or pain); being a parent or carer; working as a shift worker; current or past trauma and mental health problems .

Stress

Stress is how we react when we feel under pressure or threatened. It usually happens when we don't feel we can manage or control. For example, when you have lots of responsibilities that you are struggling to manage or on a personal note, a bereavement, financial problems, experiencing discrimination, health worries about you or a loved one or being concerned or involved in a natural disaster.

Suicidal feelings

Suicide is the act of intentionally taking your own life. Suicidal feelings can begin by having abstract thoughts about ending your life or feeling that people would be better off without you. In some cases, it may mean thinking about methods of suicide or making clear plans to take your own life. Whatever the case, talk to someone who can help you.

Tardive dyskinesia

TD is a condition where your face, body or both make sudden, irregular movements which you cannot control, such as minor shakes, tics, or tremors. It may be caused by muscle twitching, muscle weakness, low magnesium or certain medications (such as anti-psychotic drugs). Often a symptom of Parkinson's Disease.

Trauma

Trauma happens when you have gone through very stressful, frightening or distressing event, which may include situations or events which can make you feel frightened, under threat, humiliated, rejected, abandoned, invalidated, unsafe, unsupported, trapped, ashamed or powerless.

6. National Helplines for Out of Hours Support

Mermaids

Mermaids provide a range of helpline services supporting transgender youth, up to and including the age of 25 and their families.

Contact: 0808 801 0400

Missing persons/Runaway helpline:

We support anyone who is thinking about leaving home, is currently missing or has a missing loved one via our free, confidential Helpline. You can also contact us if you are worried that someone else is going to run away or if they are being treated badly or abused.

Contact: 116 000

Papyrus

We provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

Contact: 0800 068 4141

RESPECT

Respect is the UK membership organisation for three specialist areas of work within the domestic violence sector:

We develop, deliver, and support effective services for:

- Male and female perpetrators of domestic violence
- Male victims of domestic violence
- Young people who use violence and abuse in close relationships

Contact: 0808 801 0327

Veterans Gateway

Veterans' Gateway is a partnership between The Royal British Legion, Combat Stress, SSAFA (Armed Forces Charity),

Connect Assist, and Poppy Scotland. Providing a single point of contact for veterans seeking advice and support.

Here for you 24/7, we're also the first point of contact for all your welfare needs. . Get in touch so that we can refer you directly to our expert, vetted partners.

Contact: 0808 802 1212

Together All - A safe place to talk, share & support others like you. An anonymous community where members can support each other. Access 24 hours a day, 365 days a year. Trained professionals available 24/7 to keep the community safe. To contact, send a message on their Facebook page [Togetherall | Facebook](#)

7. National Domestic/ Sexual Abuse Helplines

Domestic Abuse

If you are suicidal, or scared of your partner, Ex partner or family member or if you are humiliated and made to feel small, you may be living with domestic abuse. It can include emotional coercive control, financial and economic abuse as well as physical and sexual abuse. You are not alone and it is important to remember you are not to blame for this. Some services will provide independent interpreters if required

The Samaritans

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Specialists in suicide prevention.

Helpline: 116 123

National 24hour Domestic Abuse Helpline

As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children; call us for more information. We can also support you to find other specialist services in your community, which can provide support whether or not you have left your partner.

Helpline: 0808 2000 247

The Honour Network

The Honour Network Helpline is a national helpline run by Karma Nirvana, a national charity which advises victims and survivors of forced marriage and honour-based abuse. You can reach the helpline between 9am to 5pm, Monday to Friday. If you are unable to call, you can also email the helpline team at info@karmanirvana.org.uk. Helpline: 0800 599 9247

Forced Marriage Unit (FMU)

You have the right to choose who you marry, when you marry or if you marry at all. Forced marriage is when you face physical pressure to marry (for example, threats, physical violence or sexual violence) or emotional and psychological pressure (for example, if you're made to feel like you're bringing shame on your family). Forced marriages are illegal in the UK.

FMU A trained professional will give you free advice on what to do next.

They can also help you to find a safe place to stay and/or stop a UK visa if you've been forced to sponsor someone. Helpline: 0207 0080 151 or visit <https://www.gov.uk/stop-forced-marriage>

STOP Domestic Abuse Refuge Stop Domestic Abuse supports and protects victims and survivors of domestic abuse. We provide a range of flexible and accessible services across Hampshire.

Helpline: 03300 533 630

Galop LGBTQ+ Domestic Abuse Hotline

Our team has decades of experience in supporting LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

Helpline: 0800 999 5428

Sexual Abuse

Rape and sexual abuse is common in abusive relationships. Sexual abuse is unwanted sexual behaviour from one person to another. It can also refer to behaviour such as restricting access to birth control and condoms.

- It is important to know that just because you “did not say no,” it does not mean that you meant “yes.”
- When you do not resist an unwanted sexual advance, it does not mean that you wanted to do it. Some think that if you did not resist, that it does not count as abuse. That is not true. It still is.
- Whether you were drunk or using drugs, you were scared or thought you had to, it is not your fault.

Rape Crises England & Wales

If something sexual happened to you without your consent – or you're not sure – you can talk to us. No matter when it happened. Our 24/7 Rape & Sexual Abuse Support Line is open 24 hours a day, every day of the year.

Helpline: 0808 500 2222

Safeline

We believe everyone affected by or at risk of sexual violence should feel supported and empowered.

Helplines: 01926 402 498(Women)

0808 800 5005 (Men)

Revenge Porn Helpline

A UK helpline supporting adults (those over the age of 18) who are victims of intimate image abuse and who have had their intimate images and videos shared without consent, or when someone is threatening to do this. Telephone: 0345 6000 459 Mon – Fri – 10am – 4pm

Road to Refuge

Women’s Aid has joined forces with National Express The Road to Refuge scheme provides women, men and children escaping domestic abuse with access to free National Express coach travel to reach safe refuge accommodation and support. The scheme is particularly crucial as survivors escaping domestic abuse are often advised to seek refuge services far away from their perpetrator.

https://www.womensaid.org.uk/launch-road-to-refuge/?mc_cid=727c622519&mc_eid=3df40ce95d



SO:Linked

Supporting Southampton People & Communities

10.Parks and Community Green Spaces in Southampton

To Email our Southampton Green Network: sgn@southamptonvs.org.uk
Tel: 023 8021 6050. To add or correct any listing, please email:
solinked@southamptonvs.org.uk

To access the most updated SLIC, click on: <https://solinked.org.uk/slic/>

To view a map of all of the Green Spaces in Southampton, go to
<https://www.google.com/maps/d/u/0/viewer?msa=0&mid=1E3rTCIoiaT9KabzzDdWuxxC9sRY&ll=50.924813999999999%2C-1.4107990000000007&z=13>

Updated Autumn 2024

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5. Green Vision and goals from the Southampton City Council

1. Introduction - Benefits from being in a Green Space

with ideas about how to put them into practice.

1. Creates that “feeling of escape” and removal from day-to-day life and stressors
 2. Creates a Place to reflect
 3. Ensures some kind of physical activity
- Group activities within green Spaces should:
4. Support participant empowerment
 5. Deliver activities with a purpose
 6. Build and maintain positive relationships between facilitator and participant
 7. Provide shared experiences

2. List of Green Spaces in your postcode for volunteering, exercise and mental wellbeing

SO14

Parks in SO14: Houndwell Park, Hogland's Park, Queens Park, East Park, West Park, Palmerston Park, Mayflower Park, Watts Park, Mount Pleasant Park, Town Quay Park, and Southampton Central Station Garden. *If you would like to start a new Friends Group where there is not one already, please read Section 3. Setting up a Friends of Parks group for information.*

The following are already formed Friends Group in your area:

Mayflower Park, Town Quay Road, SO14 2AQ

Mayflower Park is a much-loved waterfront park, adjacent to the Old Town with its rich heritage and historic buildings, with great views of ships docked in the nearby cruise terminals. As the only city centre waterside park with views across the tidal reaches of the River Test with all its maritime traffic, Mayflower Park is an important resource to the city. It is popular with the residents of the inner city as well as guests of the nearby hotels. It also provides a valued opportunity for anyone who works or shops in the city centre to sit or walk by the water. This is known to alleviate stress and improve mental well-being. There is a small café, a seasonal ice cream van, a children's play area, a multi-use games area, and green open space for picnics. Up to four hours of parking can be paid for at a time.

Volunteers needed for: Please check the [events calendar](#).

Activities: Major events like the Boat Show and fireworks, Children's play area, Multi Use Games Area (MUGA)

Contact: otcf2023@gmail.com

Friends of Town Quay Park (FTQP), SO14 2AG

Town Quay Park is at the end of the High St & Bugle St (off French St, SO14 2AG). St John's primary school next door to the park is encouraged to use the park as much as possible for play & learning. A new miz maz (a maze -which is fun for children and adults alike), has recently been added.

Volunteers are needed for: general maintenance and weeding. The Friends meet 3 times a month on Tuesdays from 2 pm - 4pm and Sundays from 10.30-12.30. https://solinked.org.uk/community_services/friends-of-town-quay-park-gardening-opportunities-august-november-2023

Activities: 'In the past, events have been held such as the Summer picnic with jazz band and games, carol singing in the park, yoga, tai chi, and regular fund-raising quizzes.

Contact: ginnielambert58@gmail.com www.friendsoftownquaypark.org.uk

Ocean Village Marina, 2 Channel Way, SO14 3TG

Take a stroll through the Ocean Village Marina to marvel at the beautiful boats and yachts that are moored there. This picturesque marina overlooks the River Itchen and is a great spot for a leisurely walk with plenty to see and admire. From the marina, you can take in views of the old Southampton Docks and the Itchen Bridge. As you walk around the marina, you'll see all sorts of vessels, from luxury yachts and fishing boats to sailboats and motorboats. You can stop by the cafes and restaurants to refuel, and there is a small beach area perfect for a peaceful lunch.

Activities: The marina also offers a range of activities for both adults and children, including fishing, sailing, and boat trips. Whether you're looking for a romantic stroll or an afternoon of outdoor fun, the Ocean Village Marina is the perfect spot for a walk.

Contact: 023 8022 9385

Ropewalk Community Garden 53 Derby Road, SO14 0DJ

A delightful walled garden in the centre of inner-city Southampton. Ropewalk Community Garden is a unique Place in the inner-city of Southampton. Soon there will be a ball area free to use, with café and public toilet coming further in the future.

Volunteers are needed for: 9am-5pm on weekdays to garden and grow food.

Activities: There is an event every third Saturday to tidy/litter picking, do various maintenance and growing projects. At these events, they're also joined by the Transition Southampton group Bike2Basics, who can fix your bike or show you how to fix it yourself!

Email: ropewalkgarden@gmail.com

Facebook: <https://www.facebook.com/pages/Ropewalk-Community-Garden/1599899716994456>

The Three Rivers Community Rail partnership has numerous volunteer roles available by being the link between railway industry and local communities, including maintaining gardens around Southampton Central Station.

Volunteers are needed for: Gardening, maintaining, and planting.

Activities: As above

Contact: info@threeriversrail.com

SO15

Green Spaces and Parks in SO15: Rollesbrook Greenway, St James Park, Freemantle Lake Park, Millbrook Rec, Shirley Pond Park, Little Mongers Park *If you would like to start a new Friends Group (where there is not one already), please read Section 3. Setting up a Friends of Parks group for information*

The following are already formed Friends Group in your area:

BePoRa (Bedford Place & Polygon Residents' Association), The Polygon, SO15 2GY

Situated at the entrance to the Rollesbrook Greenway on Wilton Avenue, The mural has been painted on the side of a brick bin shed. There is also a Community Orchard.

Volunteers needed for: gardening/maintaining

Activities: a family friendly bulb planting day in the playground, tidying up our community garden and tackling some planters.

Contact Tara Hayden. Email: polygonra@gmail.com

<https://www.facebook.com/people/Bedford-Place-Polygon-Residents-Association/100087047602913/>

Friends of Freshfield Park SO15 8QW

Freshfield Park, located at the bottom of Freshfield road, off Foundry Lane. The Friends of Freshfield are working to improve the park for people and wildlife, so first we need to know what's there. We'll be working to create an online list of the trees, flowers and fungi, birds, mammals, and insects - and maybe more!

Volunteers needed for: admin work and maintainance

Activities: There is a children's play area.

Contact: Chris Taylor

<https://www.facebook.com/profile.php?id=100084718111628>

Friends of Freemantle Lake Park SO15

Formerly the grounds of an old house with a collection of large ornamental trees and a lake that is now filled in, although the park remains very wet at times. Award winning, unique youth shelter design. The park now has a new dog agility course.

Volunteers needed for: Maintenance, fund raising and handyman jobs

Activities: Community Events,

Contact: freemantlepark2@yahoo.com

<https://www.facebook.com/people/Friends-of-Freemantle-Lake-Park/100064529596413/>

Friends of Southampton Common, The Avenue, SO15 7NN

Southampton Common is a large open Place to the north of the city centre of Southampton, England. It is bounded by the districts of Shirley, Bassett, Highfield and Portswood. The Common is a site of specific scientific interest (SSSI).

Activities: (see Health walks in Section 3) Hawthorns Cafe, Southampton Old Cemetery, paddling pool and boating lake. The Common is used for events like the annual August Bank Holiday fair.

Contact: 023 8083 3605 or Email parks@southampton.gov.uk

Friends of St James' Park, SO15 5LW

FoSJP is a registered Charity. They aim to work towards creating a park that will best serve the various needs of all our community. Their Mission statement is to celebrate and enhance the life of the park and its community through social, environmental, and economic development. The onsite café is run by ParkLife CIC who hire out a community room located at the back of the Café. The park has 5 entrances, botanical and scenic walks, sports equipment, climbing wall, tennis courts, basketball half court, Zip line, table tennis table, and play facilities for children.

Volunteers needed for: The gardening team who meet in the Park every Wednesday; 1 pm to 3 pm (weather permitting).

Activities: climbing wall, tennis courts, basketball half court, Zip line, table tennis table, and play facilities for children. Botanical and scenic walks.

Contact: Web: <http://www.fosjp.org.uk> Email: events@fosjp.org.uk

Facebook: <https://www.facebook.com/fosjp>

Friends of Southampton Old Cemetery, Cemetery Rd, SO15 7NN

Friends of Southampton Old Cemetery are a group of enthusiasts interested in the history, wildlife and maintenance of the Old Cemetery in Southampton - a Grade II listed cemetery. Their two major aims are to uphold the original purpose of the cemetery and to support the ecological programme.

Donations are appreciated to help further their good work.

Volunteers needed for: Task Days - conservation work for members only.

Activities: They organise many guided walks and other activities throughout the year which are all free but requires booking. The events include Wildlife and Butterfly Walk, Titanic Walk, Heritage Walk, and

Contact: 07538 888 655 (Mon-Fri, 10am-4pm) Email:

fosoc1846@googlemail.com

Web: <http://fosoc.org>

Hawthorns Urban Wildlife Centre [Cemetery Road](#), Southampton Common, SO15 7NN (The Activity Room is also currently not open at present)

Situated in the south east corner of Southampton Common, The Hawthorns Urban Wildlife Centre's grounds/wildlife garden is managed by the Southampton City Ranger Team. It is a sensitive wildlife environment and therefore would only normally be open when staff are on site. Aspects of the grounds/wildlife garden can still be viewed from the café terrace. The Café at the Hawthorns is typically open every day from 9am until around 3:30pm.

Volunteers needed for: (Check with team before visiting) Talking to visitors and helping them get more out of their visit; leading short guided walks, helping with or running an activity such as minibeast hunts or environmental games, creating or helping with hands-on family friendly themed activities/arts and crafts. Help to develop displays and other resources.

Activities: On Sundays from 10am-3pm until 24th September, the centre is open to visitors. They can enjoy guided walks, community events. The Centre will be open to the public and school groups and is a great place to learn about local biodiversity.

Contact: 023 8067 1921 or Email: hawthorns@southampton.gov.uk

SO16

Green Spaces and Parks in SO16: Green Park, Mansel Park, Bakers Drove (Sports), Nursling Foundation (wildlife), Olive Rd (wildlife), Cedar Lodge Play area, Bassett Wood Green, Daisy Dip, Shirley Pond Park, Shirley Warren Community Garden and Lordswood Greenway *If you would like to start a new Friends Group to help maintain the green Place, (where there is not one already), please read Section 3. Setting up a Friends of Parks group for information.*

The following are already formed Friends Group in your area:

Aldermoor Community Farm, Aldermoor Road, Southampton SO16 5NN

Aldermoor Community Farm is a charity that has drawn together a wide range of people to create a sustainable and inspirational market garden and shop. Their acre of land was overgrown for many years but now they are designing a beautiful and productive place using permaculture principles. The core vision is to nurture the potential of both the community and the land.

Summer holiday opening hours are Tuesday to Friday from 10am to 6pm and Saturday from 9am to 5pm. In September 2023 it returns to 3pm-6pm Tuesday to Friday with all day Wednesday and Saturday.

Volunteers needed for: Volunteer with us and you could be: weeding, picking fruit, cutting spinach or chard, sowing seeds, planting out baby plants, weeding, harvesting coriander, upcycling old timber into posts for our chicken enclosures, digging new duck ponds, skimming duckweed off the pond, wheel barrowing compost onto beds, watering things, pruning hedges, (and so the list goes on!!) We have safeguarding arrangements in place for teenagers aged 13-17 to volunteer unaccompanied, which we set up on a case by case basis.

Activities: In addition to the benefit of good fresh food, they provide a place where members of the local community get to know each other, a place where people find peace and well-being, and a place of learning together. They also have a farm shop and, while you're there, you can wander around the farm and feed the chickens or sit by the pond. Community Events (Harvest Festival in September)

Contact: Richard Pitt. Tel:02382182716

Email: richard@aldermoorfarm.org.uk

Web: <https://aldermoorfarm.org.uk>

Facebook: <https://www.facebook.com/AldermoorFarm>

Friends of Cedar Lodge Park. SO16

This is a small park, set between Oakley Road and Clifton Road. There is a perimeter gravel path and a central tarmac path. At the Clifton Road end there is a children's playpark with a selection of play equipment.

Volunteers needed for: maintenance and development, fund raising.

Activities: Walking, playground.

Contact: James on cedarlodgeparkfriends@gmail.com

<https://www.facebook.com/groups/1376193209293915/>

Friends of Daisy Dip Daisy Road, Bluebell Road, Laburnum Road SO16 area.

Daisy Dip is a large open Place between Swaythling and Bassett and links to Bassett Wood Greenway. At almost eight hectares the open Place is divided by Lobelia Road, with Carnation Road running along its northern edge and Bluebell Road along its southern edge. The western section has about 1.3 hectares that is close mown and ideal for play and picnics. Another 2.5 hectares is managed for wildlife, with a lush wetland meadow, fed by a stream which runs through the park, in the valley. There is also grassland, bramble banks and woodland margins. Friends of Daisy Dip is a community of like-minded people who are driven to improving the condition of the green area. There is a children's play area.

Volunteers needed for: Litter picking, maintenance, Protecting trees and wildlife.

Activities: Walking and enjoying the wildlife, picnics and community events.

Contact: debbie@citylife.org.uk

Friends of Shirley Pond Park, Warren Avenue, SO16 6BE

The pond needs regular maintenance and ongoing improvements

Volunteers needed for: Regular litter picking, maintenance of pond and grounds.

Activities: Planting seed and removing invasive pond plants. Plant swop.

Contact: Email: friendsofshirleypondpark@gmail.com

<https://www.facebook.com/Friendsofshirleypondpark/>

Newfields Gardening CIC, Nutfield Court, Off Lower Brownhill Rd, SO16 9QU

Newfields gardening is purpose built for providing gardening and leisure activities in a relaxed atmosphere. We are wheelchair friendly and suit all mobilities.

Volunteers needed for: Garden Maintenance. Times are flexible.

Activities: Arts and Crafts, Zumba sessions, movies, music, birdwatching, photography, and lots more!!

Contact: Email: newfieldsgardening@gmail.com or Call 023 80779351

Shirley Warren Community Garden, 107-117 Warren Crescent, SO16 6AY
Shirley Warren Community Garden is an urban oasis. The volunteer project transformed from a wasteland into a popular garden complete with a sensory area including a water feature, and a pond full of wildlife. The Community Garden is fully accessible to all, and open from 10.00am until dusk. We welcome any individuals or groups that wish to join our existing enthusiastic band of volunteers.

Volunteers needed for: care for and improve the Garden

Activities: The Garden provides a useful recreational and learning resource for the adjacent Shirley Warren Schools, and Shirley Warren Action Church.

Contact: Tel: 023 8066 0225 Email: office@shirleywarren.co.uk

Website: <http://www.shirleywarrencommunitygarden.org.uk/>

Facebook: <https://en-gb.facebook.com/shirleywarrencommunitygarden/>

Living Lordswood Group SO16 6SB

At its southern end, Lords Wood Greenway links with Lordsdale Greenway and Lord's Wood to the north. A footpath network has been established through the entire length of the greenway. Living Lordswood is a wooded area, initially focused on caring for creation through litter picking and nature walks but, over the years, we have experimented with other ideas to help make life greener, healthier, more loving and fun! There are lots going on - and a place for everyone.

Volunteers needed for: Caring for creation by litterpicking.

Activities: Litter picks, nature walks, choir, and meetings where you can meet new people and discuss life's big questions.

Contact: Tel: 023 8073 9513 Web: <https://www.livinglordswood.org.uk/>

Email: admin@livinglordswood.org.uk

<https://www.facebook.com/Living-Lordswood-225252060834200/>

Southampton City Farm Green Lane, SO16 9FQ

The Farm aims to offer people the ability to interact with animals and the natural environment in a farm-like setting. They are based on 1.2 hectares site made up of a farm, woodland area, growing area, pond, and a fully equipped building suitable for a range of indoor activities in Southampton.

Volunteers needed for: DIY, Animal care, Gardening, Woodwork, Administration,

Education, Learning disabilities, Evening Rotas

Activities: see <https://www.southamptoncityfarm.com/community-events.html>

Contact: Tel: 023 8052 2706 Email: Southamptoncityfarm@oasisuk.org

Web: <https://www.southamptoncityfarm.com/>

Facebook: <https://www.facebook.com/SouthamptonCityFarm/>

SO17

Green Spaces and Parks in SO17: Southampton Common, Portswood Rec. Valley Gardens at the University of Southampton and St Denys and Swathling Station.

If you would like to start a new Friends Group (where there is not one already), please read Section 3. Setting up a Friends of Parks group for information.

The following are already formed Friends Group in your area:

Campus Collective (Run by SUSU) SO17 1BJ

Whether you're a keen gardener or a complete novice, Campus Collective (University of Southampton) is the society for everyone who loves plants, food, and the environment! The University Botanical Garden is located in the valley behind the sports hall on the University campus.

Volunteers needed for: Most volunteers are students of U of S.

Activities: Get all the kit you need to grow your own organic, nutritious herbs and veg right on your windowsill, join the group for visits to local farms and community gardens, and eat and be merry with like-minded people!

Contact: Tel: 02380 595 200

Email: campus.collective.soton@gmail.com

<https://www.facebook.com/campuscollectivesoton/>

St Denys Front Gardens Plus, SO17 2ND

Front Gardens Plus St Denys is a community-led organisation coordinating local gardening and related activities.

Volunteers needed for: Gardening and maintaining on 3rd Saturday of each month from 10 am and Litter Picking on 1st Saturday of the month. Message on FB if you want to join us.

Activities: These include creating community gardens, greening unloved areas, sunflower & pumpkin competitions, seed giveaways and much more.

Contact person: Margaret 02380 586 968

<https://www.facebook.com/groups/469269597188557>

frontgardensplus@gmail.com

Seeds for Thought at Highfield Campus, **SO17 1BJ**

We run a 6-week educational programme in primary schools in Southampton to inspire them about healthy and growing fresh vegetables, this is to tackle the often-unnoticed childhood obesity epidemic.

Come and help volunteer to deliver our educational programme.

Contact: Sam 07446602758

The Friends of Portswood Rec

The Friends of Portswood Rec are committed to working with Southampton City Council to improve the physical and natural environment at Portswood Rec, and to make it a more accessible, attractive, and safer place for all members of the community to visit and have fun. The Friends group have successfully sourced grants to contribute to improvements at the park. These have included replacement and upgrading equipment in the play area, resurfacing the tennis courts and providing the football goal. The group continue to fundraise to support provision of new play equipment to replace items removed on safety grounds. The Friends have an active group of gardeners who aim to maintain the gardens, improve biodiversity, and support wildlife at the park using funding attained by the group. To date the gardeners have formed two small meadow areas to encourage wildlife, planted native shrubs and plants to attract bees, butterflies, and moths, and created nesting and drinking sites for bees, other insects, birds, and bats. The Friends group also organises regular litter picks and occasional community events. The gardening group meet at the park most weekends (see website for dates), and welcome new volunteers with an interest in gardening or who are keen to learn. Everyone is welcome and details of these sessions and other volunteering opportunities are published on their website and Facebook page. Membership costs £4.00 p.a.

Volunteers needed for: Committee vacancies (at the time of publication these are an Events Organiser and a Communications Co-ordinator), Gardening group.

Activities: Dog walking area, tennis courts, community garden with picnic tables and a planned chess table, wildlife area, and a separate open area of grass for sports and occasional community events.

Enclosed play area including accessible equipment.

Contact: Email: info.friendsofportswoodrec@gmail.com

Web: <https://friendsofportswoodrec.uk/>

Three Rivers Community Rail Partnership

The Three Rivers Community Rail partnership has numerous volunteer roles available by being the link between railway industry and local communities, including maintaining gardens around the local train stations

Volunteers are needed for: Gardening and planting to the stations of Swathling, Sholing and St Denys.

Activities include: Swaythling: Free Shop on Saturday mornings between 1000 and 1200 where we redistribute surplus food from supermarkets and donations for free to reduce food waste. Swaythling: Art project using Between the Lines giving workshops for isolated men, which will culminate with art being put up at the station

Contact: info@threeriversrail.com

SO18

Green Spaces and Parks in SO18: Riverside Park, Thornhill Park Road play area, Octavia Road Park, Bitterne Manor (Roman Ruins), Bitterne Park, Deep Dene play area, Frog's Corpse (Meadow), Hum Hole (Wildlife), Woodmill (water activities) Chessel Bay (Wildlife) Freemantle Common, Monks Brook Greenway, Bitterne Station. *If you would like to start a new Friends Group to help maintain the green Place, (where there is not one already), please read Section 3. Setting up a Friends of Parks group for information.*

The following are already formed Friends Group in your area:

Bitterne Park Growing Places, SO18 (various venues)

Bitterne Park Growing Places is a project of Transition Network, that's helping people in Bitterne Park grow their own food, through seed and plant donations and by connecting the community to swap and share seeds, plants and growing advice. Bitterne Park Growing Places is a project that aims to facilitate conversations in three different and geographically connected neighbourhoods of Southampton; St Denys, Bitterne Park and one other yet to be decided. The project consists of four sub-projects: Imagine Bitterne Park, Bitterne Park Growing Places, Imagine St Denys and a soon-to-be-announced project in one other neighbourhood.

Volunteers needed for: Various projects in different areas of Southampton

Activities: Learning to grow your own food, swap seeds and plants

Contact: Email: bitterneparkseeds@gmail.com Web: bpgp.org (sign up form)

Facebook: <https://www.facebook.com/groups/bitterneparkgrowingplaces>

Friends of Deepdene SO18

Deepdene is off Cobden Avenue and Midanbury Lane, An informal open Place which was formally part of the grounds of Deep Dene House. The mixed ornamental trees remain mainly from the old grounds. A good spot for short woodland walks it has a grassy open place with a children's play area.

Volunteers needed for: Creative projects, litter picking and pond clearing

Activities: Bird studies, nature walks and children's play area

Contact: <http://www.deepdene.org.uk>, friends@deepdene.org.uk

Friends of Freemantle Common SO18

Found at the junction of Peartree Ave/Spring Road. The Common provides amenity open Place for informal play and ball games and there is a fenced children's play area. The recent additions of the new play equipment, the gym, the cycle racks, the shelter and the multi-use sports area are looking great. We have put a plaque where there is a buried Roman road to Chichester.

Volunteers needed for: Litter Picking on a Sunday morning. (See FB)

Activities: Children's Play area, various ball games

Contact: councillor.e.keogh@southampton.gov.uk

<https://www.facebook.com/FreemantleCommon/>

Friends of Monks Brook Greenway SO18 1UH

At its southern end it links into the Itchen Valley conservation area joining the footpath network which runs from Cobden Bridge northwards into the Itchen Valley Country Park and beyond along the Itchen Navigation Heritage Trail to Winchester.

Monks Brook Greenway 1.5 km long forms an important green corridor, which extends from outside the city boundary and follows the Monks Brook which is a tributary of the River Itchen. The water table lies close to the surface over most of the greenway enabling wetland plants to flourish.

Volunteers needed for: Conservation and maintenance of area

Activities: Nature walks – a wooded area beside a brook.

Contact: bobspicturebox@live.co.uk

Three Rivers Community Rail Partnership

The Three Rivers Community Rail partnership has numerous volunteer roles available by being the link between railway industry and local communities, including maintaining gardens around the local train stations

Volunteers needed for: Gardening and planting to the stations of **Bitterne**, Woolston, Swathling, Sholing, Southampton Central and St Denys.

Activities:

Swaythling – Free Shop on Saturday mornings between 1000 and 1200 where we redistribute surplus food from supermarkets and donations for free to reduce food waste.

Swaythling – Art project using Between the Lines giving workshops for isolated men, which will culminate with art being put up at the station

Bitterne – Mosaics workshops in the old station booking office

Contact: info@threeriversrail.com

Friends of Riverside Park SO18 1HT

The Friends of Riverside Park is a not-for-profit, voluntary group made up of local Southampton people who would like to see improved facilities and better maintenance in Riverside Park. SEE 'Membership' for subscription details. We aim to

maintain and improve the physical and natural environment of the park in liaison with Southampton City Council, promote wider use of Riverside Park across the whole community, protect and promote the natural beauty and wildlife of the Park help make the Park a clean, safe and healthy place to be secure funds to improve amenities, and ensure community-based involvement in the future of the Park.

Volunteers needed for: Litter Picking

Activities: Football and Cricket Book at 0300 0200135

Model Railway Tel: 023 80833605

Contact Email FORP on theforp@gmail.com <http://friendsofriversidepark.org.uk>

Contact: Web: <http://friendsofriversidepark.org.uk> Email: theforp@gmail.com

Southampton Allotment and Gardens Association (SAGA) 175 Manor Farm Road SO18 1NY

Southampton Allotment and Gardens Association (SAGA) are a group of dedicated and friendly people. SAGA was started as a Friendly Society during difficult economic times and still nominally retains this status today. The bulk purchase of goods required and then sold on to members resulted in considerable savings to the individual and the Association grew rapidly. This tradition is carried on to this day through their trading sheds and events where you can come to buy seeds/plants and talk to people who enjoy growing their own produce. Anyone with an interest in gardening (you don't even have to have a plot on an allotment) in Southampton can become a SAGA member, which allows you to purchase discounted goods at their trading sheds. They also welcome anyone to their shows and events including plant sales.

Volunteers needed for: To staff the Trading Sheds

Activities: Trading Sheds where you can buy gardening materials, Usually 3 events per year, with competitions on best produce

Contact: Email: sagasoton@yahoo.co.uk Web: <https://www.saga-info.org.uk/>

S019

Green Spaces and Parks in S019: Mayfield Park, Sholing Valleys, Merryoak Veracity Ground, Peartree Green, Weston Rec, Weston Shore, Hinkler Green, Archery Rec., Donkey Common, Sullivan Rd Park, Woolston/Sholing Station and Butts Rd Play area. *If you would like to start a new Friends Group to help maintain the green Place, (where there is not one already), please read Section 3. Setting up a Friends of Parks group for information.*

The following are already formed Friends Group in your area:

Friends of Weston Shore S019

Enjoy stunning views of the Solent from Weston Shore, a beautiful beach located just outside Southampton. From the shore, you can spot the Isle of Wight in the distance, as well as boats sailing and wildlife scurrying about. This beach is a great spot to take a leisurely stroll, as the sand provides a great cushion for your feet.

There are plenty of spots to stop and take in the views and snap a few photos, and you may even be lucky enough to spot some dolphins in the water! The shore is also a great spot to have a picnic or a barbecue, and there are several benches and tables where you can relax and take in the scenery. Take a walk along Weston Shore and take in the stunning views of the Solent – you won't be disappointed! Weston Shore runs alongside the Solent from the city boundary, at Abbey Hill, towards the mouth of the River Itchen, at Woolston. The aim of the Friends of Weston Shore is to enhance and promote the beach and its surroundings for local people, visitors to the area and the wildlife to be found there. This group grew out of an annual clean up on the shore that began in 1996, and as the cleanups have been a big success, it forms a regular part of the group's activities.

Volunteers needed for: to enhance and promote the beach, litter picking

Activities: Picnics, Barbeques, book reading, wildlife surveys.

Contact: Email: westonshore@gmail.com

Facebook: <https://www.facebook.com/FriendsOfWestonShore>

Dahlia Gardening Club S019 2HL

A community gardening clubs that has created and continue to maintain two gardens for the residents living in Sheltered Accommodation in Drummond Court, Radstock Rd, Mullen Court and Lower Mortimer Road.

Volunteers needed for: planting, maintaining, watering.

Activities: We now have a summer house and community Hub for the residents of the four sheltered accommodation blocks with club activities such as craft and gardening mornings.

Contact: Julie at dahliagardeningclub@gmail.com

Friends of Peartree Green SO19

The Friends of Peartree Green are a group of volunteers who work together with the city council to look after Peartree Green, a local nature reserve since 2017. We organise events to encourage people to use the reserve and to get involved. Peartree Green is a diverse habitat of approximately 20.8 hectares (51.4 acres) bordered on the west side by the main railway line from Southampton to Portsmouth and on the east by the main road, Peartree Avenue. There are some surfaced paths on the reserve, accessible from the middle of Sea Rd

Volunteers needed for: litter picks and conservation work

Activities: litter picks, conservation work, guided walks, family activities

Contact: Email: friendsofpeartree@gmail.com

www.facebook.com/friendsofpeartreegreen

Mayfield Nurseries, Mayfield Park, Weston Lane, SO19 9HL

Mayfield Nurseries are a garden centre and café based in the old walled kitchen garden at Mayfield Park. They believe that gardening and nature have the power to transform lives. As a subsidiary charity of Solent Mind, they use donations and the sales of high-quality plants, shrubs and gardening sundries, to provide a place for people with mental health issues and learning disabilities to attend the nursery, providing a supportive and caring environment for them to thrive through social and therapeutic horticulture.

Volunteers needed for: Potting on, pruning, weeding and maintenance

Activities: Digital courses, Mens Shed, Dementia Friendly garden etc

Contact: 023 8044 7743 Email: enquiries@mayfieldnurseries.org.uk

<https://www.mayfieldnurseries.org.uk/>

Facebook: <https://www.facebook.com/mayfieldnurseries/>

Friends of Hinkler Green Thornhill SO19 6GH

The shared vision for Hinkler Green Park is “Hinkler Green Park at the heart of a regenerated Thornhill - a valued, well used and loved green space providing a broad range of high-quality family based activities for all the local community and the wider neighbourhood.” The Friends are a team of local volunteers who are working together to try to improve the park.

Volunteers needed for: Maintenance

Activities: Active youth zone, Skate Park, Multi use games area, Incidental play area, Tranquil zone completed in 2010 - nature conservation, fitness, and relaxation. Plans are now underway to develop the heritage zone with an aviation theme, community events area and major entrance feature

Contact: duncan@Thornhillvineyard.church, or Josh@thecrandons.co.uk

Three Rivers Community Rail Partnership

The Three Rivers Community Rail partnership has numerous volunteer roles available by being the link between railway industry and local communities, including maintaining gardens around the local train stations

Volunteers are needed for: Gardening and planting to the stations of Bitterne, Woolston, Swathling, Sholing, Southampton Central and St Denys.

Activities include:

Swaythling – Free Shop on Saturday mornings between 1000 and 1200 where we redistribute surplus food from supermarkets and donations for free to reduce food waste.

Swaythling – Art project using Between the Lines giving workshops for isolated men, which will culminate with art being put up at the station

Bitterne – Mosaics workshops in the old station booking office

Contact: mark@hampshirecommunityrail.co.uk

Sholing Valleys Study Centre, Station Road, Sholing, SO19 8FP

Sholing Valleys is an Environmental Study Centre and a registered charity, for nearly twenty years. The centre was set up to preserve the Miller's Pond and to educate the public about this unique environment and the wildlife that can be found there. They have an active approach to both nature conservation, management, and education and community involvement as a core priority. They hold regular events such as conversation days, educational sessions for children, guided nature walks, talks, and family fun day. Local groups including a Forest School, Scouts and Guides, and the local Police also use the facilities.

Volunteers needed for: Path widening, - Litter picking, - Invasive species removal, - Culvert clearing. Making sure the two streams leading to the pond don't get blocked up, Coppicing. Managing the growth of the copse in the grasslands.

Volunteer Days are The last Sunday of each month, 10am - 3pm. Lunch is provided,

And the last Friday of each month, 10 am - 3pm. Please bring your own lunch.

Activities: We host a range of events, activities, volunteering days and sessions throughout the year.

contact: Tel: 023 8043 2395 Email: sholingvalleysLNR@gmail.com

Web: <https://www.facebook.com/sholingvalleysSC/>

Victoria Road Gardeners (Woolston)

The VICTORIA ROAD GARDENERS voluntarily care for designated flower beds in Victoria Road in Woolston. They also get the support of local businesses to water the plants regularly and local residents and businesses donate plants to put in the flowerbeds.

Contact: lyncliffe@gmail.com

3. Setting up a “Friends of” Parks group

Let’s Be Friends

The content of this page was first created by the National Federation of Parks and Green Spaces. There are currently over 5000 local Friends groups, and we work together through a growing number of area Friends Forums and our National Federation.

Do you value your local park or green Place?

- Do you want to see improvements there, and more people using it?
- Do you think it should be looked after properly?
- If so, why not get together with other users to form a local Friends group!

Some of the things you could do as a group of Friends...

- Meet up regularly to discuss your views and concerns about the park
- Lobby the Council for better maintenance, and also improvements produce your own leaflets and Newsletters
- Set up a website about your park and the Friends activities draft up a long-term vision for how the park could be if there were new facilities etc.
- Organise events such as: bulb and tree planting, clear-up days, picnics, health and nature walks and maybe a summer community festival
- Research the history of the park and produce a pamphlet apply for grants for some of the things above

How you can get started...

- Get a small group of interested people together call a public meeting to discuss your local park and what you’d like to achieve together – distribute publicity leaflets to local homes and to users in the park (with a tear off slip)
- Kick things off straight away with positive activities you can all do together to build up your membership, and set up an email list to share news and views

For help and support to set up a local Friends Group, please contact the Southampton Green Network at solinked@southamptonvs.org.uk

Activities can include:

Gardening or horticultural programmes
Organised walks for wellbeing
Forest walks and forest bathing
Wilderness programmes
Outdoor woodland learning
Adventure programmes
Nature-based mindfulness
Conservation activities/Care farming

4. Organised Community Health Walks in Southampton

For more information see:

<https://myjourneysouthampton.com/walk/southampton-walking-opportunities/>

Southampton Common Health Walks (Sustrans)

Mondays from 10.00am -11.00 am

Tuesdays from 2:00pm to 3:00pm

Thursdays from 10:30am to 11:30am

Meeting Point: The Cafe at the Hawthorns, The Common, SO15 7NN

Cost Per Participant: Free Suitable For: Adults

Walks take place three times a week in the Common, meeting at the Hawthorns Urban Wildlife Centre. No booking is required but if you are coming for the first time, please arrive 10 minutes before the start time to register. All walks are led by a qualified Sustrans volunteer walk leader. Sustrans is the charity making it easier for people to walk and cycle. Sustrans can be found here:

www.sustrans.org.uk

Contact: activetravel@myjourneysouthampton.com or on 02380 83 4765

Weston Shore Health Walk on Thursdays 11:00am to 12:00pm

Meeting Point: On The Water Café, Weston Parade, SO19 9TE

Cost Per Participant: Free

Suitable For: Adults

Thursdays at 11am from the cafe at Weston Parade - a walk that lasts about 50 minutes, including a 5-minute break, along Weston Shore to admire the view. Going at a gentle pace (or slightly faster), this walk is designed for people just beginning to use walking as a way to improve their health. (Mixed pace 50 minute 'Get Fit' walk). Staying on pavements and paths, and can adjust the route to suit the participants. Possible coffee and chat stop at the café after the walk. No booking is required but if you are coming for the first time please arrive 10 minutes before the start time to register. All walks are led by a qualified Sustrans volunteer walk leader. Sustrans is the charity making it easier for people to walk and cycle. More information on Sustrans can be found here:

www.sustrans.org.uk.

Contact: activetravel@myjourneysouthampton.com or on 02380 83 4765.

Woolston Mums Walking Group - a weekly walk to get mums out and about, give us something to do and look forward to! It is also an opportunity to meet new mums, hopefully make some friends and support each other through the ups and downs of motherhood! Connect via their FB page.

SatNavs is a ladies walking group. The walks vary in distance and include a stop for lunch. It is a time of getting to know each other better and to meet new people. Ladies what walk, talk and lunch.

When: first Saturday of each month.

Where: We meet at Parish Hall (corner of St James Road and Colebrook Avenue) for 9.45am and travel in as few cars as possible.

Contact: 023 8077 1755

City Centre Walks:

Mondays at 10.30am. Meet inside the Central Library near the Macmillan section. Come and enjoy a gentle walk-in good company around the Parks around the City Centre. New people should arrive 10 minutes before the start to register. (Gentle pace 45 minute 'Walk and Talk')

Riverside Park SO18 1HT

Every Wednesdays at 10:30am – Easy Riverside Walk from the first bench by Cobden Bridge at Riverside Park – A mixed-pace walk on a fairly flat route accomodating people just beginning to walk to improve their health and with options to raise your heart rate and slowly build up your pace. There are always new things to see on this walk as we pass through lots of different habitats. Dependent on interest, we can have a social tea or coffee at a cafe in Bitterne Triangle. New people should arrive 10 minutes before the start of the session to meet the leader and register. (Mixed pace 'Get Fit' walk, up to 1 hour)

Riverside Park Health Walks (2nd and 4th Wednesday of the Month)

Meeting Point: 12 noon at Bitterne Park Triangle Noticeboard, 16 Manor Farm Rd SO18 1NP

Cost Per Participant: FREE

Suitable For: Adults

A gentle, lunchtime walk-and-talk of up to a mile in Riverside Park. This is a walk for adults pursuing good physical and mental health through walking together. New people should arrive 10 minutes before the start to meet the Leader and register. (Gentle 40 minute Walk and Talk). All walks are led by a qualified Sustrans volunteer walk leader. Sustrans is the charity making it easier for people to walk and cycle. More information on Sustrans can be found here:

www.sustrans.org.uk.

Contact activetravel@myjourneysouthampton.com or call 02380 83 4765 if you have any questions.

5. The Southampton City Council Green City Plan 2030

The Green City Plan 2030 sets out an ambitious vision for a more sustainable council and how it will contribute to tackling some of the most challenging environmental issues in our city.. However, the Plan also recognises the interconnected nature of our environment and extends across five themes. For each theme we've established what we will do and how we will get there. We've also indicated how we will measure our success and the outcomes we expect to see.

Here are some highlights:

1. **Sustainable energy and carbon reduction**

By 2030 council corporate assets will have net zero carbon footprint

90% of our council fleet will be zero-emission by 2030

2. **Delivering clean air**

100% of taxi and private hire fleet low emission or clean air zone compliant by 2023

100% of bus routes will be serviced by clean air zone compliant vehicles by end of 2020. Working with partners to deliver a zero-emission public transport system across the city by 2030.

3. **Our natural environment**

At least 25 new urban wildflower meadows introduced by 2025

Increase city tree coverage by planting at least 5,000 trees in public land by 2030

Establish a Green Place Volunteers Forum in 2020 to harness public interest in improving our open Spaces

4. **Resources, waste and water management**

Double waste recycling rates by 2030

A new Ethical & Sustainable Procurement Policy operating by 2021

5. **Sustainable travel**

15% of journeys into the city will be by bike by 2027

Be in the top 10% UK cities for number of public electric vehicle charging units by 2025

Deliver two Active Travel Zones in the city by 2025

Download your copy of The Green City Plan 2030 here

https://www.southampton.gov.uk/media/3r0jtsra/green-city-strategy_tcm63-424943.pdf

https://parkscommunity.org.uk/how_to_guide/lets-be-friends/

List of Important Contact Numbers and Websites

Name	Phone number	Online application forms
Department of Work and Pensions (DWP)	0345 606 0234 0800 169 0310	https://www.gov.uk/appeal-benefit-decision
Gateway	023 8083 2005 0300 200 3600	https://www.southampton.gov.uk/contact-us/gateway/
Jobcentre Plus	0800 169 0190	Find a job - GOV.UK (www.gov.uk)
New State Pension	0800 731 7898	https://www.gov.uk/new-state-pension (apply)
Pension Credit	0800 731 0469	https://www.gov.uk/pension-credit/how-to-claim (apply) https://www.gov.uk/pension-credit/change-of-circumstances
Universal Credit Helpline	0800 328 564 0800 144 8444	https://www.gov.uk/sign-in-universal-credit (application)
Tax Credits Enquiries	0345 300 3900	https://www.gov.uk/manage-your-tax-credits
Council Tax advice	023 8083 2031 023 8083 3009	Council Tax Reduction (southampton.gov.uk) (application) Single Person Discount (southampton.gov.uk) (application)
HMRC Enquiries	0300 200 3887 (Debt management) 0300 200 3311	https://www.tax.service.gov.uk/ask-hmrc/chat/online-services-helpdesk?_ga=2.188642668.535447510.1694512053-544398505.1693559776 (online webchat)
National Insurance Helpline	0300 200 3500 (enquiries) 0800 141 2075 (applications)	Apply for a National Insurance number: How to apply - GOV.UK (www.gov.uk)
Disability Living Allowance (DLA)	0800 121 4600	DLA for children claim form (publishing.service.gov.uk)
PIP	0800 917 2222 (new claims) 0800 121 4433 (enquiries)	Personal Independence Payment (PIP): How to claim - GOV.UK (www.gov.uk)
Attendance Allowance	0800 731 0122	AA1A - Attendance Allowance for people of State Pension age or over (publishing.service.gov.uk)
Child Maintenance	0800 953 0191 (new) 0800 171 2345 (existing)	https://www.gov.uk/child-maintenance-service/how-to-apply https://www.gov.uk/child-maintenance-service/sign-in-account
Child Benefit	0300 200 3100	https://www.gov.uk/child-benefit/how-to-claim
School Admissions	023 8083 3004	https://www.southampton.gov.uk/schools-learning/find-school/apply-school/
Maternity Allowance	0843 816 6333	Maternity Allowance: How to claim - GOV.UK (www.gov.uk)
Housing Allocations	023 8083 2777	https://www.southampton.gov.uk/housing/find-a-home/apply-forhousing/#Apply%20to%20Join%20The%20Housing%20Register
Homelessness Dept	023 8083 2327	Homelessness advice & housing options (southampton.gov.uk) (application) homelessness.advice@southampton.gov.uk
Passport Office	0300 222 0000	https://www.gov.uk/passport-advice-line https://www.gov.uk/apply-renew-passport https://www.gov.uk/apply-renew-passport
Southern Affordable Immigration Advice	023 9400 6603	Web form Contact Us (saia.org.uk)
UK Visa and Immigration help Asylum Helpline	0300 790 6268 (ID check) 0808 801 0503 (Helpline)	https://www.gov.uk/government/organisations/uk-visas-and-immigration
Police Switchboard	023 8074 5500	https://www.hampshire.police.uk/contact/af/contact-us-beta/contact-us/

Local Support Groups		
ACAS	0300 123 1100	https://www.gov.uk/employment-tribunals
Citizens Advice Southampton	0808 27 87 863	admin@sotoncab.org.uk
SARC (benefits)	023 8043 1435	admin@sarc.org.uk
Society of St James	023 8063 4596	Info@ssj.org.uk
Southampton Healthy Homes	Freephone helpline 0800 804 8601, tEC:,02380 336172	www.environmentcentre.com/SHH , keepwarm@environmentcentre.com
SCRATCH	023 8077 3132	reception@scratchcharity.co.uk
SCM Basic Banks	02380 550435 07929 641 755	https://southamptoncitymission.co.uk/basics-banks/referral-agents
So Linked Navigators	023 8021 6050	SOCCG.SoLinked@NHS.net
Two Saints	023 8022 3443	twosaints@twosaints.org.uk
Solent Mind	023 8033 4977	info@solentmind.org.uk
Age UK Advice line	0800 678 1602 (advice) 023 8036 8636 (local)	info@ageuksouthampton.org.uk
No Limits (Under 26)	02380 224 224	enquiries@nolimitshelp.org.uk
Unpaid Carers	023 8083 2253	Support@unpaidcarers.org.uk
Communicare	023 8250 0050	Enquiry@communicareinsouthampton.org.uk
Yellow Door(Helpline every Wed 4-7pm)	023 8063 6312 (admin) 023 8063 6313 (Helpline)	info@yellowdoor.org.uk
Domestic Violence Helpline	0808 200 0247	https://www.nationaldahelpline.org.uk/
CLEAR/EU Welcome (Refugees/Asylum and EU Citizens)	023 8022 1111	reception@clearproject.org.uk
National Homelessness Advice Service (NHAS)	0300 330 0517	https://www.nhas.org.uk/ (use webchat service)
Southampton Church Rent Deposit Scheme	023 8090 4529	rentdeposit@citylife.org.uk
Ready Homes (short term accommodation for modern slavery etc)	07966 664274	https://www.ready-homes.co.uk/about-us
Refugees at Home (short term accommodation for refugees/AS)	Online only	https://refugeesathome.org/get-involved/i-need-a-room/
Victims of Crime	0808 178 1641	https://www.hampshireiowvictimcare.co.uk/victim-care-service/
Crimestoppers (anon)	0800 555 111	
MacMillan Cancer Support	0808 808 0000	