



Solent Jobs Programme
Health & Support Services Directory
Southampton
2017



Delivering services on behalf
of Jobcentre Plus Department
for Works and Pensions



The Solent Jobs Programme aims to provide a range of support to individuals to enable them to overcome barriers to employment. This directory contains information about health and other support available from different agencies to help people access the help they need.

We aim to work in partnership with services and build on the current resources to enable people to progress into work.

If you have any questions about the Solent Jobs Programme, please contact sjp@southampton.gov.uk

If you know of a provision that isn't in this directory, or you would like your provision to be featured, please contact sjp@southampton.gov.uk

All information and contact details are correct at the time of publication, however some details may be subject to change. An up to date version of this directory will be available on line in the near future.

Contents

Services	Organisation	Service Name	Page
Alcohol and Drugs	Southampton DARS	Southampton DARS	4
Autism	Autism Centre for Research on Employment	ACRE	6
Health and Fitness	NHS	Southampton Health Trainers	7
Mental Health	SAFE	Integrated Choices	8
Mental Health	Solent Mind	Advocacy	9
Mental Health	Solent Mind	Floating Support Service	10
Mental Health	Solent Mind	Peer Support	11
Mental Health	NHS	Steps to Wellbeing	12
Neurological Rehabilitation	Vocational Rehabilitation Service	Neurological Rehabilitation	13
Occupational Therapy	NHS	Occupational Therapy	14
Pain	Southampton Pain Team	Southampton Pain Team	15
Psychosis	NHS	Early Intervention in Psychosis	16
Smoking	NHS	Quitters	17
Stroke	Stroke Association	Stroke Support	18
Visual	Open Sight	Open Sight Hampshire Reablement & Family Service	19
Emergency Food Provision	Southampton City Mission	Basics Banks	20
Emergency Provision	SCRATCH	Food, furniture, clothing and paint	22
Wellbeing Centre	Horrill Wellbeing Centre	Various Activities	24
Volunteering Placements	SCRATCH Charity	Volunteering	26
Signposting Guide			27

Condition:	Alcohol	Service Name:	Southampton Alcohol Brief Intervention and Counselling Service
What does the service offer?	<p>Working from a central office and several sites around the city we provide a range of support and advice services to people in order to reduce the harm caused by alcohol.</p> <p>Southampton residents can access a range of services according to their needs including:</p> <ul style="list-style-type: none"> • Assessment and appropriate ongoing support • Access to advice and information • Access to brief and extended brief interventions to support people to address their alcohol use • Signposting to relevant self-help resources and local agencies • Access to one-to-one and telephone support • Online support services and resources • Recovery workshops/groups • Peer support groups • Therapeutic counselling services • Targeted outreach services • Peer mentoring and volunteering opportunities • Health promotion activities 		
Eligibility Criteria :	The service is for those aged 25 and over enabling service users and their families and carers access as easily as possible.		
Referral Process:	GP or phone		
Contact Details:	Phone: 023 8071 7171	Email: southampton@cgl.org.uk	
Service Location:	2 The Carronades New Road Southampton Hampshire SO14 0AA		
Is there a cost?	No		

Condition:	Drug and Alcohol treatment	Service Name:	Southampton Drug and Alcohol Recovery Service (DARS)
What does the service offer?	<p>Southampton DARS provide the open access single point of contact element of the service with a welcoming point of entry to treatment, assessment and a consistent care coordination role.</p> <p>The new model for delivery of drug and alcohol treatment and recovery service in Southampton includes:</p> <ul style="list-style-type: none"> • An open access service • An outreach service • A needle exchange • Assessment and recovery planning • Care coordination, review and monitoring throughout treatment • Harm reduction advice and information • Brief and psychosocial interventions • Family and carer support • Criminal justice liaison • Referrals for treatment and/or structured interventions • Housing advice and support • Employment, training and education. <p>https://www.changegrowlive.org/content/southampton-drug-and-alcohol-recovery-service-dars</p>		
Eligibility Criteria :	The service is for those aged 25 and over enabling service users and their families and carers access as easily as possible.		
Referral Process:	GP or phone		
Contact Details:	Phone: 023 8071 7171	Email: southampton@cgl.org.uk	
Service Location:	Integrated within the community		
Is there a cost?	No		
Is there a waiting list?	No		

Condition:	Autism and Learning Disabilities	Service Name:	Autism Centre for Research on Employment (ACRE)
What does the service offer?	<p>On-line platform to facilitate the assessment of individual profiles of people with ASD in terms of cognitive profiles, vocational preferences and employability skills, and the provision of person-centred guidance for employers to aid the process of making minor adjustments.</p> <p>Individual Employment Profiles for people with Autism Spectrum Disorders and / or mild learning difficulties</p> <p>With Follow Up Sessions (up to 90 minutes each)</p>		
Referral Process:	Contact ACRE direct		
Contact Details:	Phone: 023 9284 6344	Email: ACRE@port.ac.uk	
Main contact:	Beatriz Lopez		
Service Location:	On line		
Is there a cost?	Yes		
Is there a waiting list?	N/A		
How long is support offered?	No set time		
Priority Groups (if applicable)	N/A		

Condition:	Health and Fitness	Service Name:	Southampton Health Trainers
What does the service offer?	Support for individuals wanting to make a healthy lifestyle change e.g eat a healthier diet, manage weight, become more active, cut down on alcohol, deal with stress or cut down or quit smoking.		
Eligibility Criteria :	Over 18 living in Southampton or registered with a Southampton GP practice.		
Referral Process:	Self-refer or referred by 3 rd party.		
Contact Details:	Phone: 0300 123 3792	Email:	SNHS.SouthamptonHealthTrainers@nhs.net
Main contact:	David Hill – Health Trainer Service Lead		
Service Location:	Various locations around Southampton focusing on priority neighbourhoods.		
Is there a cost?	No		
Is there a waiting list?	No – client to wait 5 working days for local Health Trainer to get in contact to arrange first appointment.		
How long is support offered?	Support is 6 sessions over a 12 week period (flexible).		
Priority Groups (if applicable)	NA		


Condition:	Mental Health	Service Name:	Integrated Choices
What does the service offer?	<p>Integrated Choices is designed to work with a cross section of clients, some with mild to moderate mental health conditions such as anxiety and depression and some who face other barriers around long-term unemployment and low confidence and self-esteem.</p> <p>AIMS</p> <ol style="list-style-type: none"> 1. Improve Confidence 2. Increase Motivation 3. Reduce Anxiety and Depression 4. Increase resilience to effectively handle difficult and stressful situations 5. Initiate behavioural and attitudinal change <p>The Integrated Choices course will include;</p> <ul style="list-style-type: none"> • A 'warm' handover for candidates in conjunction with the relevant SJP work coaches on day 1 to maximise engagement • 15 hours' group CBT training, individual coaching & lunchtime support with the following elements: • Self-discovery tools around strengths, skills and passions • Internal and external motivation • Identifying barriers and strategies to overcome them • A cognitive behavioural approach to dealing with negative core beliefs and unhealthy thinking • Change management strategies • Goal setting • Resilience and planning for adversity • First and last day psychological measures to capture change in self-esteem, depression, anxiety and job search self-efficacy. 		
Referral Process:	Referrals via SJP work coaches only due to integrated nature of support package		
Contact Details:	Phone: 023 8070 2222	Email: choices@safe.org.uk	
Service Location:	SAFE Training room, 1 st Floor Dukes Keep, Marsh Lane, Southampton SO14 3EX		
Is there a cost?	No cost to beneficiary		
Is there a waiting list?	First course is due to run Thursday 12th, Friday 13th and Monday 16th of January . Maximum wait will be 2 weeks depending on waiting list.		
How long is support offered?	The course will be carried out consecutively over 3 days 10am to 3pm. The course will encompass group work, individual learning and 1-2-1 coaching session.		

Condition:	Mental Health	Service Name:	Solent Mind Advocacy Service
What does the service offer?	<p>The Solent Mind Advocacy team work with people with mental health problems in Southampton.</p> <p>We will work with each person on an individual basis to help them to access mental health support services, empower them to make informed decisions about their care and take greater control of their lives by ensuring that they remain central to their decision process and access the services they need.</p>		
Eligibility Criteria :	Must be receiving the service of a Community Mental Health Team or trying to access the services of a Community Mental Health Team.		
Referral Process:	This is a self-referral service.		
Contact Details:	Tel: 02380 208955	Email: advocacysouth@solentmind.org.uk	
Service Location:	28 The Avenue Southampton SO17 1XN		
Is there a cost?	No		
Is there a waiting list?	There is a ten working day response time from the initial referral but when the service is in high demand we may have a waiting list.		
How long is support offered?	For as long as required.		
Priority Groups (if applicable)	N/A		

Condition:	Mental Health	Service Name:	Solent Mind Floating Support Service
What does the service offer?	Support to enable individuals to maintain their accommodation, particularly when under threat of eviction. Support to deal with other housing-related issues, such as unsuitable living conditions, benefit problems or debts.		
Eligibility Criteria :	A client must be aged between 18 and 60, must have a mental health problem and must live in Southampton.		
Referral Process:	Clients are referred by various agencies, including GPs and mental health practitioners. Self-referrals are also accepted.		
Contact Details:	Phone: 02380 227512		
Main contact:	Team Leader: Ann Carrington Administrator: Peter Swain		
Service Location:	In clients' homes or at agreed venues in the community.		
Is there a cost?	No		
Is there a waiting list?	How long will people need to wait to receive your support? Approximately 6 weeks, although urgent cases can be prioritised.		
How long is support offered?	Depending on individual needs, it can range from 2 weeks to 2 years.		

Condition:	Mental Health	Service Name:	Solent Mind Peer Support
What does the service offer?	<p>Peer-led groups and activities for anyone experiencing, isolation, depression, anxiety or mental health issues.</p> <p>Run by people who have experienced a mental health issue themselves, activities include craft, walking, social meet ups, singing and café groups.</p>		
Eligibility Criteria :	No, anyone who is experiencing or at risk of a mental health issue can attend.		
Referral Process:	People can self-refer or be referred by another organisation or service. Please contact us for more information.		
Contact Details:	Phone: 02382 027831	Email: sidebyside@solentmind.org.uk	
Main contact:	Clare Grant		
Service Location:	In various venues across Southampton and the New Forest.		
Is there a cost?	Some groups (eg craft) have a small cost to cover materials or hall hire.		
Is there a waiting list?	No waiting list for groups, referrals may take up to 14 days to process.		
How long is support offered?	Ongoing and flexible		
Priority Groups (if applicable)	N/A		

Condition:	Stress, anxiety, depression, low mood	Service Name:	Steps to Wellbeing
What does the service offer?	<p>We offer a range of treatments for people experiencing mild to moderate depression and anxiety disorders. Some of the problems people might access our service for include:</p> <ul style="list-style-type: none"> • Depression and low mood • Problems with anxiety (including Social Anxiety and Generalised Anxiety) • Obsessive Compulsive Disorder (OCD) • Post-Traumatic Stress Disorder (PTSD) • Specific Phobia • Panic Disorder • Stress <p>A variety of therapy and interventions to help with low or mid-level stress, anxiety, depression and low mood, and conditions that cause them. Face to face counselling and CBT, as well as guided self-help and group sessions targeting specific areas of treatment, such as 'Coping with Worry', 'Living life to the full'</p>		
Eligibility Criteria :	Client must be in catchment area, which is a GP surgery in Postcode areas SO14 – SO19 and they must be over 18 (17 years and nine months at the time of registration)		
Referral Process:	Self-referral, (on line) GP, community mental health teams		
Contact Details:	Phone: 023 8027 2000	Email: sstw@dhuft.nhs.uk	
Main contact:	Clare Hurley – Clinical Lead Victoria Turner/Alison Standing – Admin Co-ordinators		
Service Location:	Centrally based at Grenville house, SO15 1GX, but we use venues around the city within the catchment area (Community venues and surgeries)		
Is there a cost?	Not to clients, we are an NHS run service		
Is there a waiting list?	To join a group it can be two or three weeks, where as one to one interventions, particularly CBT, the wait averages about six week from initial assessment		
How long is support offered?	Therapies can last up to 12 weeks, and further treatment sessions can be offered at our discretion.		
Priority Groups (if applicable)	Perinatal/post-natal and veterans are given priority when booking in treatments.		

Condition:	Neurological	Service Name:	Neurological Rehabilitation
What does the service offer?	<p>Following a period of assessment or rehabilitation, the service supports people to take the next steps in achieving their occupational goals, or signpost to other organisations that can help. This might be:</p> <ul style="list-style-type: none"> • Paid work • Unpaid work experience • Volunteering • Further training and education <p>The service works with people with neurological conditions to identify barriers that prevent them from returning to work. Once these barriers are identified, the service works with people to plan a rehab programme to reach occupational goals.</p>		
Eligibility Criteria :	<p>The service is for people who have neurological conditions. This can include:</p> <ul style="list-style-type: none"> • Strokes • Brain Injuries • Multiple sclerosis • Parkinson's disease • Motor neurone disease • Anoxia • Infections of the brain 		
Referral Process:	<p>Visit the Vocational Rehabilitation Service website for more information www.solent.nhs.uk/vrs</p> <p> CNRT Referral Form 2016.pdf</p>		
Contact Details:	Phone: 023 8071 6592 / 3 Monday to Friday 8.30am to 4.30pm	Email:	SNHS.Vocationalrehab@nhs.net
Main contact:	Vocational Rehabilitation Service		
Service Location:	Vocational Rehabilitation Service Unity 12, 9-19 Rose Road Southampton SO14 6TE		
Is there a cost?	No		

Condition:	General	Service Name:	Occupational Therapy
What does the service offer?	<p>We work closely to identify what difficulties or problems you have, or may have, with everyday activities. It could be getting out of bed, washing yourself or preparing food. They can be the type of activities that many of us take for granted, but not being able to do them can have a big impact on your quality of life.</p> <p>Some of the ways we can help may include:</p> <ul style="list-style-type: none"> • Helping prevent you from falls or injuries • Specialist management for people with long term conditions • Providing specialist equipment to help with your everyday activities • Helping you manage tiredness (fatigue) <p><i>All information on this sheet is taken from the NHS Southern Health website.</i></p>		
Eligibility Criteria :	We support adults with a variety of health problems or conditions, including people with a short-term illness or injury, or those who are managing a long-term condition.		
Referral Process:	Contact your GP, health or social care professional to request a referral to this service. They will be able to discuss your options with you and make a referral if they feel the service would be of benefit to you.		
Contact Details:	http://www.southernhealth.nhs.uk/services/community-health-services/occupational-therapy/ Referral through GP or healthcare professional		
Is there a cost?	No		
How long is support offered?	As long as needed		

Condition:	Pain	Service Name:	Southampton Pain Team
What does the service offer?	<ul style="list-style-type: none"> • Advice and Signposting for help with managing difficulties associated with chronic pain • Specialist pain rehabilitation • Specialist nerve block techniques (carefully selected cases) • Advice to GP's on medication • Review of investigations and explanations of why pain is persisting • Education on self-management 		
Eligibility Criteria :	Must have persistent pain (pain gone on for greater than 3 months)		
Referral Process:	Referral by GP or other consultant – only Southampton City Area (includes Eastleigh Southern Parishes)		
Contact Details:	Phone: 023 8060 8027	Email: Snhs.mskPainTeam.nhs.net	
Main contact:	Amy Parker - Administrator Cathy Willcocks - Team lead Catherine Heather - Operational Manager		
Service Location:	Adelaide Health Centre		
Is there a cost?	No		
Is there a waiting list?	Waiting time target is 11 weeks to first appointment : For many this will be an information session		
How long is support offered?	On average 6-18 months		
Priority Groups (if applicable)	If requested as urgent by referrer		

Condition:	Psychosis	Service Name:	Early Intervention in Psychosis
What does the service offer?	<p>The treatment and support received will be tailored to individual needs. Some of the ways we can help may include:</p> <ul style="list-style-type: none"> • Educating you, your friends and family about psychosis • Creating plans to help you through crisis • Medication • Working with your family or guardians • One-to-one support • Supporting you in your education or employment • Assisting and supporting you to continue with your everyday life <p><i>All information on this sheet is taken from the NHS Southern Health website.</i></p>		
Eligibility Criteria :	This service is for anyone aged 14-35 and who appear to be experiencing their first episode of psychosis.		
Referral Process:	<p>To make a referral, you'll need to contact your local Community Mental Health Team for Hampshire and the Access and Assessment team for Southampton residents. Alternatively, your GP can contact the team for you. The team will carry out an initial screening followed by an assessment to find out more about any problems you may be experiencing and to establish what your needs are.</p>		
Contact Details:	local Community Mental Health Team Access and Assessment team		
Service Location:	This is one of our community mental health services, which means treatment and support are offered in your home and in local places in the community. The service is provided by the Early Intervention in Psychosis Service.		
Is there a cost?	No		
How long is support offered?	We normally work with individuals for up to three years.		

Condition:	Smoking	Service Name:	Quitters/HPS
What does the service offer?	Stop Smoking Support for Southampton residents, we can offer a stop smoking programme that offers behavioural support as well as NRT or medication. There are one to one sessions throughout Southampton. Clients can also be referred to other services if needed i:e Health Trainers.		
Eligibility Criteria :	N/A		
Referral Process:	Self-refer, Email, GP, Health Visitors and support workers.		
Contact Details:	Phone: 0300 123 3791	Email: SNHS.Quitters@nhs.net	
Main contact:	Andrew Smith: Andrew.smith@solent.nhs.uk		
Service Location:	Venues around the city.		
Is there a cost?	Prescription Cost where applicable		
Is there a waiting list?	1-7 Days		
How long is support offered?	8-12 Weeks		


Condition:	Stroke	Service Name:	Stroke Association
What does the service offer?	Help to people who are recovering from a stroke who have aphasia (speech and language understanding issues) to return to independence, including support to return to work or voluntary work. There are other services that also come into contact with stroke survivors who may not have a speech problem.		
Eligibility Criteria :	Stroke survivors		
Referral Process:	Clients are referred through professional or self-referral		
Contact Details:	Suzie Maidment Communication Support Coordinator Phone: 02380 562011	Email:	Suzie.maidment@stroke.org.uk
Main contact:	Above or regional office on 02380 720420		
Service Location:	In Southampton and central areas. Groups in both Thornhill and Totton		
Is there a cost?	For the support that has a social element as this is not funded by the contract		
Is there a waiting list?	Generally not a waiting list but may wait a few weeks to be seen		
How long is support offered?	Support within the social element has no time limit but within the contracted service clients are expected to have achieved their needs within a two year window		

Condition:	Sight Loss and Visual Impairment	Service Name:	Open Sight Hampshire
What does the service offer?	<ul style="list-style-type: none"> • Information and advice to visually impaired people • Employment Services – Pathway to Employment • Low Vision Assessments • Benefits Advice • Family Support • Community Clubs (20 in Hampshire) • Rehabilitation/Reablement • Sight Awareness Training / Sighted Guiding Training • Resource Centre in Eastleigh • Information and Equipment Days 		
Eligibility Criteria :	Services apply to those people of all ages with a sight loss condition and their families who support them		
Referral Process:	Self-referral / via the local Eye Clinic / via Hampshire Sensory Services teams / via local GP		
Contact Details:	Phone: 02380 641244	Email: info@opensight.org.uk	
Main contact:	Terry Smith		
Service Location:	At our office in Eastleigh as well as home visits		
Is there a cost?	Free at point of access for most services		
Is there a waiting list?	No waiting list		
How long is support offered?	For as long as needed or practical		
Priority Groups (if applicable)	N/A		

Condition:	Lack of food&/or adequate clothing	Service Name:	SCM Basics Bank
What does the service offer?	<p>Emergency food and clothing provision. 5 days of food and four sets of clothing to anyone referred to us (and their families). Warm welcome, signposting to further services/support groups that may be of help to clients, depending on circumstances.</p>		
Eligibility Criteria :	<p>Referral by registered referral agent. It is up to the referral agent to decide whether emergency food or clothing is required.</p> <p>We normally expect to provide food to people no more than 6 times in a 12 month period. If someone has reached this limit, they may not be eligible for further help from us, although we are very happy to discuss on a case by case basis.</p>		
Referral Process:	<p>Paper or online voucher issued by registered referral agent (attached to an organisation). Clients cannot self-refer.</p> <p>Online vouchers – available on our Online Referral System when you register as an online referral agent. Enter client details to check eligibility, issue e-voucher or print off paper copy yourself. FREE and normally no need to phone us first.</p> <p>Paper vouchers – cost 50p per voucher to the referring organisation but should be FREE to clients. Obtained by registering with us, ordering and paying for vouchers. Referral agents MUST phone the Basics Bank mobile BEFORE issuing a voucher to check eligibility.</p> <p>Register as a referral agent via the vouchers page of our website http://www.southamptoncitymission.co.uk/vouchers</p> <p>Once a client has either a paper or e-voucher they or a representative for them can visit any of our venues to collect food. Clothing bank is at one venue (as below).</p>		
Contact Details:	<p>Phone: 023 8055 0435 (Office) 07929 641755 (Basics Bank mobile)</p>	<p>Email: office@southamptoncitymission.co.uk dave@southamptoncitymission.co.uk</p>	
Main contact:	Dave Osborne, SCM Basics Bank Manager		
Service Location:	<p>Basics Bank is open at different venues on each week day:</p> <p>Monday 10am-3pm Food – Above Bar Church, Ogle Road Clothes – Central Hall, St Marys Street</p>		

	<p>Tuesday 10am-3pm Food – St Mary's Church, St Monica Road, Sholing</p> <p>Wednesday 10am-3pm Food – Old Chemist, Bitterne Triangle</p> <p>Thursday 10am-3pm Food – Swaythling Methodist Church, Burgess Road</p> <p>Friday 10am-3pm Food – Lordshill Ecumenical Church, Lordshill District Centre</p> <p>Please see the Venues page of our website for maps and full address of each venue. http://www.southamptoncitymission.co.uk/venues</p>
Is there a cost?	Not to the client. 50p per paper voucher to the referral agency.
Is there a waiting list?	No waiting list. Refer as necessary. At busy times there may sometimes be a wait for the food parcel to be prepared at the venue, but this is not normally excessive.
How long is support offered?	No set time. 6 times in a 12 month period for food, but we don't put any restrictions on when this can be.
Priority Groups (if applicable)	Anyone who needs emergency help with food or clothing.

Condition:	Lack of food/adequate clothing/furniture	Service Name:	SCRATCH Charity
What does the service offer?	<p>DORCAS PROJECT (Furniture) Dorcas Project provides a basic package of furniture All referrals must come from a recognised agency and should be made by telephone to the SCRATCH office on 023 8077 3132 (phones are answered weekdays between 10am and 4pm).</p> <p>COMMUNITY RE-PAINT The SCRATCH Community Re-Paint project redistributes end of line and dented tins of paint. Referral agents should phone the SCRATCH office on 023 8077 3132 to make an appointment for their client to visit, select and take away their paint. Appointments are usually available on Monday, Wednesday and Fridays between 10am and 1.30pm. There is no charge for referred clients or those with proof of means tested benefits.</p> <p>CHRISTMAS COMPLETE This SCRATCH project provides toys and gifts to children and young people up to the age of 17 who might otherwise receive little or nothing at Christmas. During October each year we send out instructions and a referral form to all our referral agents. If you have not heard anything from us by the beginning of November, please contact us and we will pass details onto you. To ensure that you receive up to date information and details about how to refer to Christmas Complete, please provide us with your e-mail address. Please send to annette@scratchcharity.co.uk</p> <p>All of the above projects operate on a referral only basis. There is no direct access, so please do not pass on our phone number to your clients, but contact us on their behalf.</p> <p>MEGABITE MEAL SQUARES This is a means of people (rough sleepers and other vulnerable people) obtaining a hot meal via a voucher scheme. Vouchers can be purchased from SCRATCH at £1 each (cheques should be made payable to SCRATCH and sent to the office specifying that they are for Megabites). The vouchers (we suggested a minimum of 3) can then be passed to individuals who can redeem them at the following locations: - Park Life Café – St James Park, Shirley Dominica Pizza – 46 St Mary Street – 4pm to 10pm daily (Take away only)</p> <p>BASICS BANK Basics Bank, which provides emergency food parcels and good quality second hand clothes, is operated by Southampton City</p>		

	<p>Mission. Please refer to the SCM website for up to date information – www.southamptoncitymission.co.uk</p> <p>SOLENT CREDIT UNION Solent Credit Union are based in East Street in Southampton and are able to offer low cost loans subject to status and credit checks. They can be contacted on 023 8178 8375 www.solentcreditunion.co.uk</p>	
Eligibility Criteria :	Please see above information for eligibility criteria for different schemes.	
Referral Process:	<p>Call the main number. We need to know the following information: -</p> <ul style="list-style-type: none"> • Name, address, phone number and e-mail address of referral agent • Name, delivery address and contact phone number for client(s) • Number of adults and children in the household • Ages of any children • Full list of what is required • How payment will be made – <p>There are some pre-purchased deliveries for certain agencies (they know who they are and can quote the correct code to the SCRATCH staff).</p>	
Contact Details:	Phone: 023 8077 3132 (weekdays, 10am to 4pm)	Email: reception@scratchcharity.co.uk
Main contact:	Reception	
Service Location:	SCRATCH, 33 Mount Pleasant Industrial Estate, Southampton, SO14 0SP	
Is there a cost?	Please see above for individual costs and information	
Referral Forms and More Information	<p>www.scratchcharity.co.uk</p> <div style="text-align: right;">  Referral Instructions for SCR </div>	

Condition:	Improving health and well being	Service Name:	Horrill Wellbeing Centre
What does the service offer?	<p>The service offers a variety of weekly activities including:</p> <ul style="list-style-type: none"> • Tai Chi • Nordic Health Walks • Cognitive Stimulation Therapy • Body Conditioning • Yoga <p>These activities are all designed for people aged 50+ Please see below for a full timetable of activities at the centre.</p>		
Eligibility Criteria :	Participants must be over 50 and should be fit enough to participate in activities.		
Referral Process:	Contact us or turn up to the classes.		
Contact Details:	Phone: 023 8084 1115	Email: horrilldcc@ageconcernhampshire.org.uk	
Main contact:	Lisa Parkes – Manager		
Service Location:	Horrill Day Centre Challenger Place Challenger Way Dibden Purlieu Southampton SO45 5SZ		
Is there a cost?	Between £3 and £5 per session		
Is there a waiting list?	No		

Weekly Activity Schedule at the Horrill Centre. Telephone 023 8084 1115

	Monday	Tuesday	Wednesday	Thursday
9.10 - 10.10	Tai Chi with Dave		Tai Chi with Dave	
9.30 – 10.30	Nordic Walk Intermediate with Teresa			
11.00 – 12.00		*Cognitive Stimulation Therapy	*Carers' Café 2 nd Wednesday alternate months	*Cognitive Stimulation Therapy
15.00 – 16.00	Nordic Walk Advanced with Teresa	Nordic Health Walk (45 mins) & beginners with Teresa and Michele		
15.00 – 16.30			Computers with Pat & John	Computers with Una & Barry
15.15 – 16.15	Gentle Yoga with Eileen			
18.00 - 19.00				Advanced 50+ Circuits with Teresa
18.30 – 19.30		Advanced 50+ body conditioning with Teresa		

*Please enquire the dates this activity will be running

Service:	Volunteering Placements	Service Name:	SCRATCH Charity
What does the service offer?	<p>We offer people the opportunity to gain work experience within our Fareshare food project and Dorcas furniture project gaining Warehousing related skills and the opportunity undertake certificated training in first aid, fire warden, food safety and health and safety.</p> <p>Also on site is an Employment Support Worker to assist with an employability issues and give additional support when required with IT or self-esteem issues.</p>		
Eligibility Criteria :	People would have to be able bodied and have some English both reading and speaking in order to be able to undertake duties within the warehouse.		
Referral Process:	Call the main office number below		
Contact Details:	Phone: 02380 773 132	Email:	reception@scratchcharity.co.uk
Main contact:	Yasmin Prentice		
Service Location:	33 Mount Pleasant Industrial Estate Northam, Southampton SO14 0SP		
Is there a cost?	No		
Is there a waiting list?	Yes but contacted quickly to attend an information session and taster		
How long is support offered?	As long as the person is volunteering. Once an individual goes into employment, the Employment Support Officer will provide aftercare at the 4 week and 8 week stage.		
Priority Groups (if applicable)	N/A		

Signposting Guide

	Page		Page
<u>Advocacy</u>	28	<u>Healthy Eating</u>	33
<u>Alcohol</u>	28	<u>Hearing</u>	33
<u>Apprenticeships</u>	28	<u>Heart Disease</u>	33
<u>Arthritis</u>	28	<u>Homelessness</u>	33
<u>Asthma</u>	29	<u>Immigration</u>	33
<u>Autism</u>	29	<u>Information Services</u>	33
<u>Benefits</u>	29	<u>Journey Planning</u>	34
<u>Blue Badge Scheme</u>	29	<u>Kidney Disease</u>	34
<u>Cancer</u>	29	<u>Learning Disabilities</u>	34
<u>Carer Support</u>	29	<u>Mental Health</u>	34
<u>Chronic Obstructive Pulmonary Disease</u>	30	<u>Multiple Sclerosis</u>	34
<u>Colitis and Crohn's Disease</u>	30	<u>National Insurance</u>	35
<u>Debt</u>	30	<u>Parkinson's</u>	35
<u>Dementia</u>	30	<u>Parenting</u>	35
<u>Dental</u>	31	<u>Rape Victim Support</u>	35
<u>Diabetes</u>	31	<u>Refugee Support</u>	35
<u>Domestic Violence Victim Support</u>	31	<u>Sexual Health</u>	35
<u>Drugs</u>	31	<u>Sight</u>	35
<u>Eating Disorders</u>	32	<u>Spinal Injuries</u>	36
<u>Employment Rights</u>	32	<u>Surgeries</u>	36
<u>Epilepsy</u>	32	<u>Volunteering</u>	36
<u>Health and Fitness</u>	32	<u>Walk In Centre</u>	36

Please note:

This is not a definitive guide to service providers but suggestions for initial sign posting.

If there are any errors, please contact sjp@southampton.gov.uk

Advocacy	
Choices Advocacy	Email: www.choicesadvocacy.org.uk Tel: 023 8078 3715
Spectrum Centre for Independent Living	http://spectrumcil.co.uk/ Tel: 023 8033 0982

Alcohol	
Alcoholics Anonymous	Tel: 0800 9177 650 Find your nearest meeting here: www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting
StreetScene	Francis House Alcohol & Drug Rehab Centre http://www.streetscene.org.uk/Francis-House-Rehab.php Tel: 023 8063 4988
Southampton Drug and Alcohol Recovery Service	www.changegrowlive.org/content/southampton-drug-and-alcohol-recovery-service-dars Tel: 023 8071 7171

Apprenticeships	
National Apprenticeships Service	www.apprenticeships.gov.uk

Arthritis	
Arthritis and Musculoskeletal Association	www.arma.uk.net
Arthritis Care	www.arthritiscare.org.uk
NHS Choices	www.nhs.uk/Conditions/Osteoarthritis/Pages/living-with.aspx
Arthritis Research	www.arthritisresearchuk.org

Asthma	
Asthma UK	Tel: 0300 222 5800 www.asthma.org.uk

Autism	
Autism Alert Card	Autism Hampshire have a programme that issues people with autism a card to ensure they can be identified and appropriately supported in the community. An application for a card can be found here: www.autismhampshire.org.uk/information-and-advice/community-access.html#AAProgramme Tel: 023 8063 4346

Benefits	
Advice Southampton	www.advicesouthampton.org.uk/welfare
HM Revenue and Customs	www.gov.uk/government/organisations/hm-revenue-customs/services-information
SARC	www.sarc.org.uk Tel: 023 8043 1435
Southampton City Council	www.southampton.gov.uk/benefits-welfare

Blue Badge Scheme	
Blue Badge Scheme	www.southampton.gov.uk/roads-parking/parking/blue-badge-parking/default.aspx Tel: 023 8083 3748

Cancer	
Macmillan Cancer Support	www.macmillan.org.uk/work
NHS Choices	www.nhs.uk/Livewell/Caner/Pages/Cancerhome

Carer Support	
Carers in Southampton	http://carersinsouthampton.co.uk/ Tel: 023 8058 2387

Chronic Obstructive Pulmonary Disease	
British Lung Foundation	www.blf.org.uk/support-for-you
NHS Choices	www.nhs.uk/Conditions/Chronic-obstructive-pulmonary-disease/Pages/living-with.aspx
Breathe Easy Support Group	When: 3rd Thursday of every month 1.30pm - 3.30pm Call: 03000 030 555 Freemantle & Shirley Community Centre, Randolph Street, Southampton, Hampshire, SO15 3HE
BLF Singing Programme	When: Fridays 10.30am - 12.00pm Janet Ayers, 023 9281 1802, contact@janetayers.org Bitterne Health Centre, Health Ed Room, Commercial Street, Southampton, SO18 6BT
Wessex interstitial lung disease support group	When: Get in touch for times. Call: 023 9228 6000 Ext 1385 Website: www.WILDsupport.co.uk Holiday Inn, Southampton, Eastleigh, SO50 9PG

Colitis and Crohn's disease	
National Association for Colitis and Crohn's Disease	www.nacc.org.uk/downloads/factsheets/employers.pdf

Debt	
Frontline	http://frontlinedebtadvice.org.uk/
Christians Against Poverty	https://capuk.org/i-want-help/cap-debt-help/debt-centre/520/southampton-central
Southampton City Council Debt Toolkit	https://www.southampton.gov.uk/benefits-welfare/money-advice/dealing-with-debt-toolkit.aspx
Deaf Plus	BSL Video Helpline on money and debt issues http://www.deafplus.org/what-we-do/bsl-advice-helpline/

Dementia	
NHS Choices	www.nhs.uk/Conditions/Dementia/Pages/living-with.aspx

Dental	
Dentists in Southampton	Find your nearest dentist in Southampton www.nhs.uk/Service-Search/Dentists/Southampton/Results/12/-1.404/50.91/3/19560?distance=25

Diabetes	
Diabetes UK	www.diabetes.org.uk
NHS Choices	www.nhs.uk/Conditions/Diabetes-type2/Pages/Living-with.aspx

Domestic Violence Victim Support	
Southampton Women's Aid	Tel: 080 8801 0334 http://southamptonwomensaid.org.uk
National Domestic Violence Helpline	Tel: 0808 2000 247
Aurora New Dawn	Tel: 023 9247 9254 www.aurorand.org.uk

Drugs	
Talk to Frank	Tel: 0300 123 6600 www.talktofrank.com
No Limits (DASH)	Tel: 02380 224224 nolimitshelp.org.uk/get-help/dash (Up to 25 years of age)
StreetScene	Francis House Alcohol & Drug Rehab Centre http://www.streetscene.org.uk/Francis-House-Rehab.php Tel: 023 8063 4988
Southampton Drug and Alcohol Recovery Service	www.changegrowlive.org/content/southampton-drug-and-alcohol-recovery-service-dars Tel: 023 8071 7171

Eating Disorders	
Eating Disorders Service	http://www.southernhealth.nhs.uk/services/mental-health/adult/eating-disorders/
StreetScene	Eating Disorder Rehab - StreetScene Food Disorder Help http://www.streetscene.org.uk/Eating-Disorder-Rehab.php Tel: 023 8063 4988

Employment Rights	
ACAS	Tel: 0300 123 1100 www.acas.org.uk
SARC	www.sarc.org.uk Tel: 023 8043 1435

Epilepsy	
Epilepsy UK	www.epilepsy.org.uk/info/employment
NHS Choices	www.nhs.uk/Conditions/Epilepsy/Pages/living-with.aspx

Health and Fitness	
Southampton Healthy Living	https://southamptonhealthyliving.org.uk/ Tel: 0300 123 3791
Change4Life	www.nhs.uk/change4life/Pages/change-for-life.aspx Tel: 0300 123 4567
Cycles4All	www.paviliononthepark.org/cycles4all
Active Southampton	http://activesouthampton.co.uk/

Leisure Centres	
Chamberlayne Leisure Centre	Tel: 023 8043 7668
Bitterne Leisure Centre	Tel: 023 8043 7647
The Sports Centre	Tel: 0300 0200 135
The Quays Swimming and Diving Complex	Tel: 023 8072 0900
Shirley Swimming Pool	Tel: 02380 781 901 www.shirleyswimmingpool.co.uk

Healthy Eating	
The Living Rainbow Foundation	https://livingrainbowfoundation.wordpress.com

Hearing	
Deaf Plus	http://www.deafplus.org/where-we-are/hampshire/

Heart Disease	
British Heart Foundation	www.bhf.org.uk/healthatwork
NHS Choices	www.nhs.uk/Conditions/Coronary-heart-disease/Pages/Recovery.aspx

Homelessness	
Street Homelessness Prevention Team	Tel: 023 8083 2327 Tel: 023 8023 3344 (out of hours)
Two Saints	www.twosaints.org.uk Tel: 01329 234600

Immigration	
EU Welcome (EU Only)	www.euwelcome.org.uk Tel: 07786 392886
Citizen's Advice Bureau	www.citizensadvice.org.uk/law-and-rights/immigration/get-help/get-immigration-advice

Information Services	
Access Southampton	http://access-southampton.co.uk/
Southampton Information Directory	sid.southampton.gov.uk
Citizens Advice	Tel: 03444 111306 http://citizensadvicesouthampton.org.uk/
Jobs Bulletin	http://access-southampton.co.uk/job-vacancy-and-information-bulletin/

Advice Southampton	www.advicesouthampton.org.uk
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Journey Planning

First Bus	www.firstgroup.com/southampton
Blue Star	www.bluestarbus.co.uk

Kidney Disease

NHS Choices	www.nhs.uk/Conditions/Kidney-disease-chronic/Pages/living-with.aspx
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Learning Disabilities

Southampton Mencap	http://www.southamptonmencap.org/ Tel: 023 8058 4088
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Mental Health

Southampton Mental Health Service	East Southampton CMHT: 02380 475287 Central Southampton CMHT: 02380 717204 West Southampton CMHT: 02380 878040
The Samaritans	Tel: 023 8063 2888 (local charges) Tel: 116 123 (Free)
Capable Creatures	Capable Creatures aim to Empower and Enable people with Mental Health Conditions to live a fulfilling life, able to access and participate in everyday normal activities, through peer support and the use of dogs Email: capablecreatures@capablecreatures.org http://capablecreatures.org/capcre/
Anxiety UK	https://www.anxietyuk.org.uk/
Combat Stress	A mental health charity that provides treatment for ex-service personnel suffering with mental ill-health including PTSD. http://combatstress.org.uk/

Multiple Sclerosis

MS Society	www.mssociety.org.uk
Solent Multiple Sclerosis Therapy Centre	http://www.smstherapycentre.org.uk/ Tel: 023 9269 9116

National Insurance	
National Insurance Helpline	Tel: 0300 200 3502

Parkinson's	
Parkinson's UK	www.parkinsons.org.uk

Parenting	
SureStart West	
Millbrook	Tel: 023 8033 1635
SureStart Central	
Swaythling and Portswood	Tel: 023 8083 3552
Clovelly Road	Tel: 023 8033 1635
SureStart East	
Townhill Park & Harefield, and Bitterne & Bitterne Park	Tel: 023 8091 5480
Weston and Woolston, Merryoak and Peartree	Tel: 023 8043 7866
Thornhill and Sholing	Tel: 023 8091 7633

Rape Victim Support	
Southampton Rape Crisis	Tel: 023 8063 6312 www.southamptonrapecrisis.com

Refugee Support	
CLEAR	Tel: 023 8022 1111 www.clearproject.org.uk

Sexual Health	
Sexual Health Services	www.letstalkaboutit.nhs.uk Tel: 0300 300 2016

Sight	
Action for Blind People	Tel: 0303 123 9999 www.actionforblindpeople.org.uk

Spinal Injuries

Spinal Injuries Association	https://www.spinal.co.uk/ Tel: 0800 980 0501
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Surgeries

GP Surgeries in Southampton	Find your nearest GP Surgery in Southampton: www.nhs.uk/Service-Search/GP/Southampton/Results/4/-1.404/50.91/4/19560?distance=25
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Volunteering

Do-It.org	www.do-it.org
Southampton Voluntary Services	www.southamptonvs.org.uk

Walk In Centre

Royal South Hants Minor Injuries Unit	www.royalsouthhantsmiu.nhs.uk Royal South Hants Hospital Level B, Brintons Terrace Southampton Hampshire SO14 0YG Tel: 0333 999 7613
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