

Signposting to local support organisations for carers

Alzheimer's Society

- **Information and Guidance; Community Groups; Befriending; Home Care and Support**
 - Telephone: 023 8061 0159
 - Website: <https://www.alzheimers.org.uk/>

Autism Hampshire

- **Creating opportunities, challenging perceptions, enhancing choices and providing high quality services to meet the diverse needs of people on the autism spectrum**
- Telephone: 02380 766162
- Website: <https://www.autismhampshire.org.uk/>

Age Concern

- **Care Support and Information, advice to enable people to remain independent for as long as possible**
 - Telephone: 01962 868545 (main office is in Winchester)
 - Website: <http://www.ageconcernhampshire.org.uk>

Age UK

- **Information and Advice, Home Visiting; Telephone Support; Computer Club**
 - Telephone: 023 8036 8636
 - Website: <https://www.ageuk.org.uk/southampton>

Carers in Southampton

- **Carer Assessments, Personal Support, Carers Cards, Support Groups, Advice Walk-Ins, Information, Emergency Planning Guidance, Young Carers, Carer Friendly Companies**
 - Telephone: 023 80 582387
 - Website: <https://www.carersinsouthampton.co.uk>

Carers Together

- **Provide friendly and confidential services in Hampshire, Portsmouth and Southampton to ease the pressure of caring**
 - Telephone: 01794 519495
 - Website: <https://www.carerstogether.co.uk/>

Citizen's Advice

- **Provide free, confidential and impartial advice and campaign on big issues affecting people's lives**
 - Telephone: 03444 111 306
 - Website: <https://citizensadvice-southampton.org.uk/>

Connect to Support Hampshire

- **Information and Advice, Community Directory, Home Care Agencies, Care Homes, Extra Care, Health, Library Services, News and Events**
 - <https://www.connecttosupporthampshire.org.uk/home>

Communicare in Southampton

- **Befriending, Shopping, Transport, Hospital Homecoming, Out and About, Family Help, DIY and Gardening**
 - Telephone: 023 8021 6016
 - <https://communicareinsouthampton.org.uk/>

Environment Centre

- **Southampton Healthy Homes including the 'Keep Warm' Project**
 - Telephone: 023 8033 6172 or 0800 804 8601
 - Website: <http://www.environmentcentre.com>

Friends in Touch

- **Supports children and young people with autistic spectrum conditions, in the Borough of Eastleigh, Hampshire.**
 - Telephone: 07789 691448
 - Website: <http://www.friendsofintouch.org.uk/>

Hampshire Fire Service

- **Keeping Safe in your Home Service, Safe and Well, Safe and Well, Smoke Alarms, Fire Hazards in your Home, Planning your Escape Routes**
 - Telephone: 023 8064 4000
 - Website: <https://www.hantsfire.gov.uk>

Jane Scarth House, Romsey

- **Provides free support to those living with cancer and their carers**
- Telephone: 01794 830374

- Website: <https://www.janescarthhouse.co.uk/>

Macmillan

- **Provides physical, financial and emotional support to help you live life as fully as you can**
 - Telephone: 023 8180 6073
 - Website: <https://www.macmillan.org.uk/>

Motor Neurone Disease

- **Run by volunteers and aims to provide the best possible support to local people with MND, their families, and carers**
 - Telephone: 023 8089 1852
 - <https://www.mndassociation.org/support-and-information/local-support/branches/southampton-and-winchester-group/>

Multiple Sclerosis

- **Provides support and advice for people with Multiple Sclerosis, their families and carers**
 - Telephone: 07917 558 613
 - Website: <https://www.mssociety.org.uk/care-and-support/local-support/local-groups/southampton-district-group>

Parkinson's Disease

- **Offer information, friendship and support to local people with Parkinson's, their families and carers**
- Telephone: 0344 225 3744
- Website: <https://localsupport.parkinsons.org.uk/provider/southampton-branch>

Red Cross

- **Support at home, Equipment Hire, Support with Loneliness, Preparing for Emergencies, Financial Help**
 - Telephone: 0344 412 2808
 - Website: <https://www.redcross.org.uk>

Southampton MENCAP

- **Support and advice for children, young people and adults with a learning disability and their family carers**
 - Telephone: 023 8058 4088
 - Website: <http://www.southamptonmencap.org/>

Solent MIND

- **Provides advice and support for anyone with a mental health problem**
 - Telephone: 023 8202 7810

- Website: <https://www.solentmind.org.uk/>

Southampton SIGHT

- **A one stop hub for people living with sight loss**
 - Telephone: [023 8076 9882](tel:02380769882)
 - Website: <http://southamptonsight.org.uk/>

Southampton Voluntary Services

- **The umbrella body for local voluntary and community groups working in Southampton**
 - Telephone: 023 8022 8291
 - Website: <https://www.southamptonvs.org.uk/>

Social Services, Hampshire

- Telephone: 0300 555 1378
- Website: <https://www.hants.gov.uk/socialcareandhealth>

Social Services, Southampton

- Telephone:
 - Adult: 023 8083 3003
 - Children: 023 8083 3004
- Website: <https://www.southampton.gov.uk/health-social-care/>

Version 1. Reviewed 09/04/2020. 2592