

SCAN ME

www.altoncommunitysupportdirectory.co.uk

ALTON

COMMUNITY SUPPORT DIRECTORY



This directory was created by Alton Town Council with the support of the A31 Primary Care Network Social Prescribers Team and the Alton Health and Wellbeing Forum. It aims to connect people with community groups and other services, enabling practical and emotional support to be provided and help people with their health and wellbeing.

Whether you need support for a medical condition, are looking for ways to improve your mental health and wellbeing, need help for an older person, are looking support for your family or a young person, are in need of financial help and don't know where to turn, need assistance with accessibility, mobility and community transport services, would like to make new community connection, or are looking to volunteer within our community, we aim to direct you to the right place. Whatever local support you need we hope there is something in our directory that can help.



The Town Council would like to thank all those who assisted and submitted editorial contributions and photographs to this publication. Use the QR code to find out more.

The information in this booklet was correct at the time of printing; please visit our website to view the most up to date information.

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Editorial compiled by
Alton Town Council,
Town Hall,
Market Square,
Alton, Hampshire
GU34 1HD

Medical and Disability

Alzheimer's and Dementia



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia

Alzheimer's Society provides information and support to create lasting change for people affected by dementia.

www.alzheimers.org.uk

HIP@alzheimers.org.uk

02392 892035



Dementia Friendly Alton offers vital support to people living with dementia and their carers.

www.dementia-friendly-alton.org.uk/community/

dementia-friendly-alton-7739/home

dementia_friends@btinternet.com | 01420 551455



East Hampshire Dementia Directory is a directory of support services to guide you after a dementia diagnosis.

www.easthants.gov.uk/media/6947/download?inline



Mind supports people with mental ill health, as well as young carers (16+) and adult carers who care for an adult with any illness.

www.andovermind.org.uk/services/accessing-our-services-enquiries@andovermind.org.uk

01264 332297

Cancer Support



Cardiac Rehab

Basingstoke & Alton Cardiac Rehabilitation Charity Ltd

Cardiac Rehab offers specialist cancer rehabilitation to help those going through and recovering from treatment.

www.cardiac-rehab.co.uk

hearty@cardiac-rehab.co.uk

01420 544794

Basingstoke Breast Cancer

Basingstoke Breast Cancer provides friendship and support to women who have had breast cancer.

<https://www.basingstokebreastcancer.org.uk/>

basingstokebreastcancer@gmail.com

07939 641187



The Blue Space welcomes men with a cancer diagnosis to our wellbeing sessions and evening meetings.

www.thepinkplace.org.uk/the-blue-space-services

07899 970841

Medical and Disability



The Fountain Centre offers holistic and psychological support, information and signposting to those affected by cancer.

www.fountaincentre.org

rsc-tr.fountaincentre@nhs.net | 01483 406618



Heartburn Cancer UK provides information and supports people with and families of those with persistent heartburn, Barrett's oesophagus and oesophageal cancer.

www.heartburncanceruk.org

info@heartburncanceruk.org

01256 338668



Macmillan is here to help if you or someone you care about has been diagnosed with any type of cancer.

www.macmillan.org.uk

0808 8080000



Marie Curie is here to help with information and support on all aspects of life with terminal illness.

<https://www.mariecurie.org.uk/>

supporter.relations@mariecurie.org.uk

0800 0902309



PCaSO

Prostate Cancer
Support Organisation

PCaSO is a charity for men diagnosed with prostate cancer run by patients diagnosed with prostate cancer.

www.pcaso.org

info@pcaso.org

07879 903407



The Pink Place offers complementary therapies, counselling, mindfulness and peer support for people living with cancer.

www.thepinkplace.org.uk

07899 970841



Wessex Cancer Support provides free emotional support to anyone affected by cancer, including complementary therapies, counselling, support groups...

wcs@wessexcancer.org.uk

02380 672200

Medical and Disability

Cardiac and Stroke Support



The Cardiac Rehab Centre helps Hampshire residents to recover and maintain health and fitness after heart attacks and operations. We also offer Staywell, under which GPs can refer to us people at risk of developing heart disease, for courses of exercise and health education.

www.cardiac-rehab.co.uk
hearty@cardiac-rehab.co.uk | 01420 544794



The Stroke Association offers friendship and support for those involved with a person who's experienced a stroke.

www.stroke.org.uk | 01420 544794
info@altonstrokesupportgroup.org.uk

Carer Support



Carers Together provides a wide range of services for unpaid carers, including advice and support planning.

www.carerstogether.org.uk
admin@carerstogether.org.uk | 01794 519495



Mind supports people with mental ill health as well as adult carers who care for an adult.

www.andovermind.org.uk/services/accessing-our-services-enquiries@andovermind.org.uk
01264 332297



The Princess Royal Trust For Carers in Hampshire Emergency Planning for Carers, advice, support and information. Support groups and coffee mornings.

www.carercentre.com
info@carercentre.com | 01264 835246

Disability and Learning Difficulty



Autism Hampshire provides high quality services that meet the diverse needs of autistic people in Hampshire.

www.autismhampshire.org.uk
info@autismhampshire.org.uk
01489 880881

Medical and Disability



Mencap supports parents and carers of children and young people with learning disabilities.

www.mencap.org.uk | 0808 8081111



Challengers encourages every disabled child and young person to play and have fun, without limits.

www.disability-challengers.org

information@disability-challengers.org | 01483 579390



Helen Arkell removes barriers to learning, employment and life for people with dyslexia by providing expert, personal and life-changing support.

www.helenarkell.org.uk

enquiries@helenarkell.org.uk | 01252 792400



Kingsley Organisation supports adults with learning disabilities and autism to work towards their own goals.

www.kingsleyorganisation.org.uk | 01420 479000



Lighthouse is a group for adults with special needs who would like to make new friends and learn about God's love.

admin@harvestchurch.uk

Hearing and Sight



Hard of Hearing All Saints Group provides a relaxed, friendly place for those with a hearing impairment.

ablackman4@gmail.com | 01420 543219



Open Sight helps people to adapt their lives to sight loss.

www.opensight.org.uk

info@opensight.org.uk | 02380 641244



VIP Reading Group supports people with sight loss.

www.hants.gov.uk/librariesandarchives/library/libraryfinder/alton-library

Illness and Injury Support



Headway provides information, support, training and advice for adults with acquired/traumatic brain injury.

www.headwayportsmouth.co.uk

info@headwayportsmouth.co.uk | 02392 664972

Medical and Disability



National
Multiple Sclerosis
Society

The MS Group supports you and your loved ones. We hold a monthly get-together in Alton on the 1st Wednesday of each month.

www.mssociety.org.uk/care-and-support/local-support/local-groups/alton-petersfield-district-group
alexanderibrox1412@gmail.com | 02392 422341



Naomi House & Jacksplace is there for when a child or young adult is diagnosed with a life limiting condition and becomes their home from home.

www.naomihouse.org.uk
hello@naomihouse.org.uk | 01962 760060



At **St Michael's Hospice** our team delivers end-of-life care and support to patients, their families and carers.

www.stmichaels hospice.org.uk
01256 844744



Alton Parkinson's Support Group provides a relaxed, friendly meeting place for those living with Parkinson's.

www.localsupport.parkinsons.org.uk/activity/alton-group-meeting
ginnyfrith@hotmail.com | 01420 84732



Mental Health and Wellbeing

Mental Health Support



Alton Counselling Service provides affordable, professional counselling for the community.

www.altoncounselling.org.uk

admin@altoncounselling.org.uk

01420 89207



The Bereavement Journey is a 7-session series of films and discussions, providing a safe space for people to process their bereavement and discern their next steps.

www.thebereavementjourney.org

bereavement@potr-alton.co.uk | 07514 280362



Goldfinch provides a safe space for people to meet, connect and share experiences. The main groups are The Mental Health Matters Group for parents of kids with mental health difficulties and the Helping Hands Group for parents of kids with autism.

www.goldfinch-books.com

gary@goldfinch-books.com | 07796 531197



Hampshire Child and Adolescent
Mental Health Service

CAMHS helps young people (5-18) and their families who suffer acute, chronic and severe mental health problems.

www.hampshirecamhs.nhs.uk

pals@sussexpartnership.nhs.uk | 0300 3042198



EHDC Mental Health Crisis Support Website lists local and national mental health crisis support services.

www.easthants.gov.uk/mental-health-support/mental-health-crisis-support



The Happy Healing Hut supports children and adults who are feeling lonely or isolated, for whatever reason.

www.thehappyhealinghut.com

alton@thehappyhealinghut.com | 01420 82705



No Limits offers free information, advice and help to children & young people under the age of 26.

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk | 02380 224224

Mental Health and Wellbeing



Royal British Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

www.britishlegion.org.uk/get-support/physical-and-mental-wellbeing/crisis-support
info@britishlegion.org.uk | 0808 802 8080



Victim Care provides individual, independent help for people recovering from the effects of crime.

www.hampshireiowvictimcare.co.uk
hub.hiow@victimsupport.org.uk | 0808 1781641

Wellbeing Support



Active Alton is a directory to inform you about all the opportunities for physical activity in the locality.

www.altonevents.co.uk/active-alton



Altonu3a is a friendly, open to all, member-led movement offering a diverse range of over 55 different group activities

www.altonu3a.co.uk
alton.u3a.members@gmail.com



Better Health services can be accessed through self-referral and others require a visit to your GP.

www.nhs.uk/better-health/lose-weight



Body Moves dance your way to fitness.

www.altoncomcen.org.uk/community/alton-community-centre-6213/adult-education
marie@altoncommunitycentre.org.uk | 01420 85057

Broadlands
Equine Therapy & RDA



Broadlands Equine Therapy and RDA is focused on helping people with varied problems to transform their hopes, horizons and life goals.

www.broadlandsgrouprda.org.uk
office@broadlandsgrouprda.org.uk | 01420 375767



Fresh Start is for those who want to tackle a life-controlling habit such as over-eating, drugs, smoking etc.

<https://harvestchurch.uk/fresh-start>
freshstart@harvestchurch.uk | 07769 030913

Mental Health and Wellbeing



Get Up & Go offers activity sessions for those who aren't achieving their recommended levels of physical activity.

www.getupandgoeasthants.com

welfare@easthants.gov.uk | 01730 266551



GP Exercise Referral Scheme for most people with a long-term health condition.

www.everyoneactive.com/content-hub/health/gp-referral

| 01420 540 040



Alton Men's Shed is open to adults looking to pursue practical activities and diversify daily routine while being encouraged to get involved in small community projects.

www.altonmensshed.org

info@altonmensshed.org | 01420 362530



MIND - Adults Wellbeing Services aims to provide the tools and resources necessary to manage your own mental wellbeing.

www.easthantsmind.org

wellbeing@easthantsmind.org | 02392 498916



My Journey Hampshire shares information on cycling, for experienced and new cyclists.

www.myjourneyhampshire.com/cycle/active-alton/cycling-in-alton



a community initiative of [harvestchurch](http://harvestchurch.org)

One Way offers the opportunity for anyone looking for friendship and to grow in confidence. Enjoy games, puzzles, art or chat over a cup of tea.

admin@harvestchurch.uk



Walk Alton's website lists local walking groups and routes that offer walks for people of all abilities.

www.walkalton.org.uk

walkalton@gmail.com | 07887 744959



Walking Church for Men organise 7 walks a year that begin in prayer and end in a local pub for a meal.

familykemp@tiscali.co.uk

07957 653403

Mental Health and Wellbeing

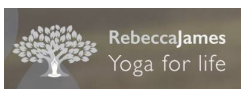


Tai Chi and Hatha Yoga Classes at Alton Community Centre Come and join a gentle class with an emphasis on health and wellbeing.

www.altoncomcen.org.uk/community/alton-community-centre-6213/adult-education

marie@altoncommunitycentre.org.uk

01420 85057



Yoga for Life focuses on breathwork, movement on chairs and standing, mindfulness and relaxation.

www.rebeccajamesyoga.co.uk

bex.yoga@gmail.com

07929 185057



Elderly Care and Support



Age Concern are passionate about supporting older people to live well and independently for longer.

www.ageconcernhampshire.org.uk
enquiries@ageconcernhampshire.org.uk
01962 868545



ACA Community Club is a friendly elderly day centre where you can meet people, have a good chat and a cooked meal.

www.altoncomcen.org.uk/community/alton-community-centre-6213/home | 01420 85057
acaenquiries@altoncommunitycentre.org.uk



Anna Chaplaincy is a chaplaincy promoting the spiritual and emotional welfare of older people.

www.potr-alton.co.uk/anna-chaplaincy
annachaplainalton@gmail.com | 07539 026546



Cardiac Rehab offers Staywell exercise sessions and Steady & Strong exercise sessions for over 65s.

www.cardiac-rehab.co.uk
hearty@cardiac-rehab.co.uk | 01420 544794



Dementia Friendly Alton offers vital support to people living with dementia and their carers.

www.dementia-friendly-alton.org.uk/community/dementia-friendly-alton-7739/home
dementia_friends@btinternet.com | 01420 551455



The GAP Library Club invites the elderly to browse for books, enjoy a cup of tea, have a chat and listen to poetry and readings.

www.potr-alton.co.uk/library-club-2
office@potr-alton.co.uk | 01420 513881



Live Longer Better helps you find ways to stay independent and live life to the full in your later years.

<https://www.hants.gov.uk/livelongerbetter>



Re-Engage is a nationwide charity making life less lonely for thousands of older people every year.

www.reengage.org.uk
knowledge@reengage.org.uk
Freephone: 0800 716543 | 0207 2400630

Elderly Care and Support



Vokes Lunch Club is a warm, friendly and welcoming club open to anyone over 60 years of age.

www.vokeslunchclub.co.uk

vokeslunchclub@gmail.com | 01420 84235

Families, Children and Young People



Alton Library has lots going on for babies, toddlers and children. All ages welcome. Parents/carers to stay.

<https://www.hants.gov.uk/librariesandarchives/library/libraryfinder/alton-library>



Breakout Youth supports LGBTQ+ young people age 11-25, through youth groups and 1:1 support.

www.breakoutyouth.org.uk

enquiries@breakoutyouth.org.uk | 02380 224224



Bushy Leaze Children and Families Centre provides a range of baby and toddler groups, parenting courses and 1:1 family support for families with children under 5.

www.bushyleaze.co.uk

bookings@bushyleaze.hants.sch.uk | 01420 87675



Hampshire Child and Adolescent
Mental Health Service

CAMHS helps young people (5-18) and their families who are suffering with acute, chronic and severe mental health problems.

www.hampshirecamhs.nhs.uk

pals@sussexpartnership.nhs.uk | 0300 3042198



Challengers encourages every disabled child and young person to play and have fun, without limits.

www.disability-challengers.org

information@disability-challengers.org | 01483 579390



Family Counselling Trust Hampshire delivers low-cost early intervention counselling services for children & young people aged 4-18 and their families.

www.familycounsellingtrust.org

flo-hampshire@familycounsellingtrust.org
07754 253382

Families, Children and Young People



Family Information and Services Hub provides info about what's going on in your area, how to access services, organisations and activities and the advice and support that is available.

www.fish.hants.gov.uk/kb5/hampshire/directory/home.page
01730 266551



Green Hub - Teen Garden is a project for young people to contribute in the garden and reap positive benefits to mental health, development of skills and experiences and also to benefit from positive social interactions.

www.greenhub.org.uk/working-with-teens/the-teen-garden
admin@greenhub.org.uk



Helen Arkell removes barriers to learning, employment and life for people with dyslexia by providing expert, personal and life-changing support.

www.helenarkell.org.uk
enquiries@helenarkell.org.uk | 01252 792400



Home Start offers support to families of all kinds. You and your little one(s) will feel welcome, safe and have a positive experience as you take your first steps to regular social interaction and peer support.

www.home-starthampshire.org.uk
familysupport@hshants.org.uk
0330 1242095



The King's Arms Youth Project (KA) is a charity that works to support the emotional, physical, mental and spiritual wellbeing of young people.

www.thekingsarms.org.uk
info@thekingsarms.org.uk
01730 231292



Mencap supports parents and carers of children and young people with learning disabilities.

www.mencap.org.uk
0808 8081111

Families, Children and Young People



'MIND' Children & Young People's Wellbeing

Our Children and Young People's Team offers a range of wellbeing and crisis support. You can contact Young Minds Crisis by texting: "YM" to 85258 (24/7 FREE) or contact the School Nurse Chat Health by texting 07507 332160

www.easthantsmind.org

wellbeing@easthantsmind.org | 02392 498916



'MIND' Family Wellbeing

Our experienced team of Family Support Practitioners can work with your family for up to six months on a range of issues, with a key focus to improve mental health and wellbeing. The support involves regular home visits, working with the whole family, signposting, team around the family meetings and liaising with key agencies to ensure you and your family get the specialist help needed.

www.easthantsmind.org

wellbeing@easthantsmind.org | 02392 498916



Primary Care Network (PCN) Children and Young People's Wellbeing Service

This is a mental health and wellbeing support service for Young People aged 11-17 years living in East Hants who are experiencing difficulty with their mental health and wellbeing.

www.easthantsmind.org/wellbeing-services

cyp@easthantsmind.org



No Limits offers free information, advice and help to children & young people under the age of 26.

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk

02380 224224



Parenthub provides a safe space for parents of teens struggling with mental health, emotional or other anxiety-inducing issues, to talk and gain information.

www.greenhub.org.uk/parent-hub

admin@greenhub.org.uk

Families, Children and Young People



Primary Behaviours Service are committed to securing positive outcomes for referred children, providing an outreach service to mainstream primary schools.

www.pbs.hants.gov.uk/parents
sarah.cobb@hants.gov.uk | 01329 281890



Simon Says supports young people up to 18 who have a significant person in their life who has died or is dying.

www.simonsays.org.uk
info@simonsays.org.uk | 02380 647550



Financial and Benefit Support



Alton Clothes Bank offers free, pre-loved clothing to aid our surrounding community.

www.facebook.com/groups/1190156804842983
07778 034825



Alton Community Cupboard provides free fresh fruit & veg and other food items from surplus stock.

www.www.altoncommunitycupboard.org
altoncommunitycupboard@gmail.com

CAP
JOB
CLUBS

CAP Jobs Club is a friendly community helping people gain skills to step confidently into employment.

www.capuk.org/get-help/cap-job-clubs
alastairsmith@capjobclubs.org



CAP's Money Coaching helps people to budget, keep track of what they spend and to save regularly.

www.capuk.org/get-help/money-coaching
07501 914563



Alton Foodbank provides valuable help to those in need of food. You can be referred by Citizens Advice and other local support agencies.

www.alton.foodbank.org.uk
info@altonfoodbank.org.uk | 07773 034447



Citizens Advice offers support to those in financial crisis, come and talk confidentially to a trained adviser.

www.citizensadvice.org.uk/local/east-hampshire
0808 2082138



CAP Debt Help offers support and advice through local churches for those struggling with debt, unemployment or poverty.

www.capuk.org | info@capuk.org | 0800 3280006



Connect 4 Communities supports those most in need with rising living costs, particularly families with children and pensioners.

www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities
connect4communities@hants.gov.uk

Financial and Benefit Support



Cost of Living Support pulls together financial support from a range of sources during this difficult time.

www.easthants.gov.uk/cost-living-support

01730 266551

www.hants.gov.uk/costofliving | 0300 5551375



Council Tax Support is available from a number of services in East Hampshire.

www.easthants.gov.uk/benefits

support.team@easthants.gov.uk

01730 266551



Emergency Housing Support is available from a number of services in East Hampshire.

www.easthants.gov.uk/housing/emergency-housing

support.team@easthants.gov.uk | 01730 234415



Furniture Helpline accepts referrals from various professional and non-profit organisations.

www.furniturehelpline.co.uk

help@fhl.org.uk

01420 489000



Government Services and Information for help with eligibility, appeals, tax credits and benefits.

www.gov.uk/browse/benefits

0345 3003900



Hampshire Home Choice aims to give social housing applicants a choice in deciding where they wish to live.

www.hampshirehomechoice.org.uk

support.team@easthants.gov.uk

01730 234415



Accessibility Info and Equipment



The Red Cross provides support services in the UK and internationally.

www.redcross.org.uk
0300 4561914



AccessAble gives you accessibility information to work out if a place is going to be accessible for you.

www.accessable.co.uk
hello@accessable.co.uk | 01438 842710



Argenti Telecare is an approved provider of equipment such as falls alarms, tracker devices and flood monitors.

www.argenti.co.uk
hello@argenti.co.uk | 0345 2658003



Complete Care Shop helps you regain your independence and confidence to tackle daily tasks.

www.completecareshop.co.uk
customerservice@completecareshop.co.uk
03330 160000



Hampshire & Isle of Wight Fire and Rescue Service offers free fire and safety visits to support members of our community and ensure they are protected from fire.

www.hantsfire.gov.uk/safety
02380 626751

Community Transport



Alton Care is a transport service for people attending medical appointments, who don't own their own transport.

www.altoncare.org.uk
info@altoncare.org.uk
01420 541520



Blue Badge allows the holder use of designated parking spaces, including single and double yellow lines.

www.hants.gov.uk/transport/parking/bluebadge/
blue.badge@hants.gov.uk
0300 5551376

Community Transport



Community Transport in East Hampshire supports and funds various community transport schemes.

<https://www.easthants.gov.uk/community-and-living/community-transport>
01730 266551



Connect Call & Go, your choice for pick-up and drop-off between locations in wheelchair-friendly vehicles.

www.cffirst.org.uk/community-transport
terry.mack@cffirst.org.uk
01420 475759



Driving
Miss Daisy®
We're There For You

Driving Miss Daisy helps people get out of the house to appointments, shopping trips or social events.

www.drivingmissdaisy.co.uk/alton
alton@drivingmissdaisy.co.uk
0333 0146211



Four Marks Care provides transport for people unable to drive to non-emergency medical appointments.

www.fourmarkscare.org.uk
info@fourmarkscare.org.uk
01420 564435



The Good Neighbours Network is all about people helping people with community transportation.

www.goodneighbours.org.uk
info@goodneighbours.org.uk
02392 899671



Stagecoach bus travel portal, where you can plan your bus journey, buy bus tickets, find bus timetables and view live bus times.

www.stagecoachbus.com/about/national



Traveline is a partnership of transport companies, local authorities and passenger groups which have come together to bring you routes and times for all travel in Great Britain by bus, rail, coach and ferry.

www.traveline.info
84268 text service
0871 2002233

Community Connections

Alton Community and Events



Active Alton is a directory to inform you about all the opportunities for physical activity in the locality.

www.altonevents.co.uk/active-alton



Alton Town Council hosts a variety of free to attend community events and volunteer days, along with Alton in Bloom and the Community Grow Club workshops.

www.alton.gov.uk/events-days-out

events@alton.gov.uk

01420 83986



Alton Events provides details of local events with a regularly updated calendar, plus a directory of attractions, markets, clubs, societies and eateries.

www.altonevents.co.uk



Altonian is a weekly community newsletter published by Alton Town Council that can be downloaded from the website or email us to receive by email.

www.alton.gov.uk

community@alton.gov.uk | 01420 83986

Amateur Dramatics Groups



Alton Fringe Theatre is a local theatre group who take members from the age of 17+ with no fees.

www.altonfringe.com

altonfringetheatre@gmail.com



Alton Operatic and Dramatic Society is an amateur theatre group who produce musicals and plays. New members are always welcome on stage and backstage.

www.aods.org | secretary.aods@gmail.com



Holybourne Theatre is a not for profit amateur dramatics group run by volunteers which stages an energetic and diverse entertainment programme.

www.holybournetheatre.co.uk

whatson@holybournetheatre.co.uk | 01420 86457

Community Connections

Arts and Crafts



Allen Gallery offers free entry and a wealth of ceramics and paintings, alongside hosting a variety of workshops.

www.hampshireculture.org.uk/allen-gallery
allen.gallery@hampshireculture.org.uk
01420 82802



Alton Art Society has been promoting the practice of creative arts in Alton and surrounding area since 1925.

www.altonartsociety.org
altonarttreasurer@gmail.com



Maggie's Art for All classes are friendly, informal and include lots of guidance.

www.altoncomcen.org.uk/community/alton-community-centre-6213/adult-education
marie@altoncommunitycentre.org.uk
01420 85057



The Arts Society Alton brings people together through a curiosity for the arts, for a more connected society.

www.tasalton.com
alton@theartsociety.org



Crochet Club at Alton Library on Mondays (except public holidays) from 10:00am-12:00pm.

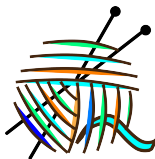
www.hants.gov.uk/librariesandarchives/library/libraryfinder/alton-library



Dressmaking for Beginners are 12 weekly workshops held on Saturdays from 9.30am-12.30pm at Alton Community Centre.

www.altoncomcen.org.uk/community/alton-community-centre-6213/adult-education
marie@altoncommunitycentre.org.uk
01420 85057

Community Connections



Knitters Anonymous meets in All Saints Church Hall on the 3rd Tuesday of the month at 2.30pm, to knit and crochet blankets and garments.

kaddando@gmail.com
01420 83514



Loopy Loopers, a crochet, knitting and crafting club meets at Alton Library on Thursdays from 2:00pm-4:00pm.

www.hants.gov.uk/librariesandarchives/library/libraryfinder/alton-library

Choirs and Music



Alton Choral Society rehearses on Wednesday evenings in the Salvation Army Hall, GU34 1HN and welcomes new singers of all types.

www.altonchoral.org.uk
welcome@altonchoral.org.uk



Alton Community Choir sings traditional songs in harmony on Thursday evenings in the Methodist Church. It is open to all, no auditions or the need to read music.

www.altoncommunitychoir.org.uk
altoncommunitychoir.sec@gmail.com



Alton Concert Band rehearse on Thursday evenings between 7.30pm-9.30pm at Alton Community Centre.

www.altonconcertband.co.uk
altonconcertband@outlook.com



Alton Concert Orchestra practices every Wednesday evening, 7.30pm-9.30pm at Wootey's Junior School.

www.altonconcertorchestra.jimdofree.com



Encore Choirs have no auditions and no experience required, so anyone can join in. We sing Pop, Rock and Soul, all the way to Musical Theatre.

www.encorechoirs.co.uk
info@encorechoirs.co.uk | 07816 976500

Community Connections



Luminosa Music welcome singers of all musical backgrounds and experiences. They rehearse as an 80 strong main choir and smaller chamber choir every Tuesday in the Alton Maltings Centre from 19.45pm-21.30pm.

www.luminosamusic.com
enquiries@luminosamusic.com



Rock Choir is a no-audition, no-experience-necessary community choir. Everybody and anybody is welcome.

www.rockchoir.com
office@rockchoir.com | 01252 714276

Community Clubs and Groups



Alton Community Centre is a public facility that caters for all age groups and backgrounds. We offer hall hire for your event whether it is large or small.

www.altoncomcen.org.uk
acaenquiries@altoncommunitycentre.org.uk
01420 85057



Alton Library has lots of free things to do for all ages. For more information visit the website calendar.

www.hants.gov.uk/librariesandarchives/library/libraryfinder/alton-library



Alton Lions Club is a respected volunteer service organisation active in fundraising, community service activities and social activities for fun and fellowship.

www.altonlions.org.uk/about-alton-lions
alton@lions105sc.org.uk | 0345 8332701



Altonu3a is a friendly, open to all, member-led movement offering a diverse range of over 55 different group activities

www.altonu3a.co.uk
alton.u3a.members@gmail.com | 0345 2418000



BSOCs gives people the opportunity to meet and share experiences with others living with Barrett's or oesophageal cancer.

www.heartburncanceruk.org
info@heartburncanceruk.org | 01256 338668

Community Connections



Goldfinch provides a space for clubs and community groups, including ACAN, Walk Alton, gaming clubs, book clubs, poetry gatherings, live music, writers' groups and other ad-hoc events (see online events calendar).

www.goldfinch-books.com/
gary@goldfinch-books.com | 07796 531197



Ladies Meet and Eat is a social group for ladies from the churches in town, who meet monthly.

www.potr-alton.co.uk/ladies-meet-and-eat
meetandeat@btinternet.com | 01420 513881

OneWay
Hope for the Future

a community initiative of **harvestchurch**

One Way offers the opportunity for anyone looking for friendship and to grow in confidence. Enjoy games, puzzles, art or chat over a cup of tea.

admin@harvestchurch.uk



Alton Men's Shed is open to adults in search of friendship developed through pursuing small practical projects and activities as volunteers in the community.

www.altonmensshed.org
info@altonmensshed.org | 01420 362530



Royal British Legion is here to help members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

www.britishlegion.org.uk/get-support/physical-and-mental-wellbeing/crisis-support
info@britishlegion.org.uk | 0808 802 8080



Rotary Club in Alton is where you can use your time, talents, skills and energy to improve the lives of local people.

www.altonrotaryclub.uk | altonrotaryclub@gmail.com



Alton WI meets at the Alton Community Centre on the 4th Tuesday of the month at 7:30pm. You will be made very welcome at our meetings which always include an interesting speaker or activity.

www.hampshirewi.org.uk/about
altonsec@hampshirewi.org.uk | 01420 85266

Community Connections

Children and Young People



3rd Alton Scouts helps young people reach their full potential through developing a range of skills.

www.3rdalton.co.uk



8th Alton Scouts located at The New Cabin on Anstey Park is a great place for children to experience some of the amazing things Scouting can offer.

www.8thalton.org.uk



Alton Air Cadets is where you'll get the chance to fly gliders, light aircraft and ride along in RAF aircraft.

www.613squadron.wordpress.com

adj.613@rafac.mod.gov.uk

01420 543021 (Mon + Thurs pm)



Alton Army Cadets meet at Anstey Park on Wednesdays between 7:00pm-9:30pm and are seeking young people from the age of 12 to join us.

www.armycadets.com/find-a-detachment

se-hiw-caos@rfca.org.uk

01962 865711



Boys' Brigade offers a progressive programme of activities geared to each boy's age, from simple achievements to the Duke of Edinburgh's Gold Award.

www.altonmethodist.org.uk

altonmethodist@hotmail.com

01420 82695



The **Duke of Edinburgh's Award** is a nationally renowned developmental programme for young people from the age of 14. There are three progressive levels of award: Bronze, Silver and Gold. DofE focuses on Physical, Skill and Volunteering activities.

www.altonmethodist.org.uk

altonmethodist@hotmail.com | 01420 82695

Community Connections



Girls' Brigade meet in the Alton Methodist Church on Monday evenings. From the age of 4 to 18.

www.altonmethodist.org.uk
altonmethodist@hotmail.com
01420 82695



Girlguiding is the UK's largest youth organisation dedicated completely to girls. Through fun, friendship, challenge and adventure we empower girls to find their voice, inspiring them to discover the best in themselves.

www.girlguiding.org.uk
0800 999 2016



Glow Afterschool Group for children in years 3 to 6 takes place at St Lawrence church from 3:15pm-5:00pm on Thursdays.

www.potr-alton.co.uk/glow-afterschool-group-for-children-aged-7-11
office@potr-alton.co.uk
01420 513881



Holybourne Youth Theatre hold four workshops each Saturday to teach acting and stage skills by experienced drama coaches. Several times per year there is an opportunity to audition for places in youth productions and the annual Holybourne pantomime.

www.holybournetheatre.co.uk/youth-theatre



The King's Arms Youth Project is a charity that works to support the emotional, physical, mental and spiritual wellbeing of young people.

www.thekingsarms.org.uk
info@thekingsarms.org.uk
01730 231292



Unite is run by **The King's Arms Youth Project** for young people aged 11-18 who wish to explore faith and spirituality together with food, chat and games.

www.thekingsarms.org.uk
info@thekingsarms.org.uk
01730 231292

Community Connections

Gardening and Nature Groups



Alton Local Action for Nature is a community group dedicated to improving our local area for wildlife.

www.altonclimatenetwork.org.uk/our-groups/local-action-for-nature-avlan
altonclimatenetwork@gmail.com



Alton Local Food Initiative encourages and enables people in our local community to be involved in growing, sourcing and eating locally produced food.

www.altonlocalfood.org.uk



Alton Allotment Association has 5 sites in Alton.

www.altonallotments.co.uk
info@altonallotments.co.uk



Alton In Bloom - Community Growing Club is a delightful series of workshops for all in our community!

www.alton.gov.uk/altoninbloom
events@alton.gov.uk
01420 83986

Alton
Natural
History
Society

Alton Natural History Society is for anyone who enjoys nature and wants to meet like-minded people.

www.facebook.com/groups/altonnaturalhistorysoc
altonwildlife@yahoo.co.uk



The Green Hub
Project for Teens

Green Hub - Teen Garden is for young people to contribute in the garden and develop new skills.

www.greenhub.org.uk/working-with-teens/the-teen-garden
admin@greenhub.org.uk



MEDSTEAD
GARDENERS'
CLUB

Medstead Gardeners' Club has 140 members and are a very social and chatty bunch!

www.medsteadgardenersclub.org
medsteadgardenersclub@gmail.com

Volunteering Opportunities



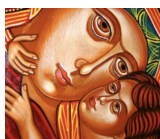
Alton Town Council organises a variety of community volunteering days that you can join in with. Or you can volunteer your group, school or workplace for your own 'Community Help Out Day'.

www.alton.gov.uk/alton-in-bloom
events@alton.gov.uk | 01420 83986



Alton Climate Action Network is looking for volunteers to help in their network of community groups and projects.

www.altonclimatenetwork.org.uk
altonclimatenetwork@gmail.com



Alton Clothes Bank welcome volunteers to help our surrounding community.

www.facebook.com/groups/1190156804842983
07778 034825



Alton Care is looking for volunteers to help transport local people attending medical appointments.

www.altoncare.org.uk
info@altoncare.org.uk
01420 541520



Alton Community Cupboard are always looking for volunteers to help us save good food from waste.

<https://www.altoncommunitycupboard.org>
volunteeraltoncupboard@gmail.com



Alton Army Cadets are seeking Cadet Force Adult Volunteers from the age of 18 to join us.

www.armycadets.com/find-a-detachment
se-hiw-ca@rfca.org.uk
01962 865711



Alton Lions Club is always looking to welcome new members. To become a Lion is to become an active volunteer, a member of a respected international organisation, a leader in your community and a friend to people in need.

www.altonlions.org.uk
alton@lions105sc.org.uk | 0345 8332701

Volunteering Opportunities

Broadlands
Equine Therapy & RDA



Broadlands Equine Therapy and RDA welcomes volunteers to join our wonderful team.

www.broadlandsgrouprda.org.uk
office@broadlandsgrouprda.org.uk
01420 375767



Dementia Friendly Alton is always looking for volunteers, please call to discuss how you could get involved and support the group.

www.dementia-friendly-alton.org.uk
dementia_friends@btinternet.com
01420 551455



Four Marks Care are looking for local volunteers. Drivers use their own cars, determine their own availability and receive reimbursement of expenses.

www.fourmarkscare.org.uk
01420 564435



Hampshire Cultural Trust is where you can volunteer whether you're looking to commit for a few hours a week or are after a short-term project, our volunteer roles offer flexibility and enjoyment. Pop in to see us, or apply online.

www.hampshireculture.org.uk



The Hard of Hearing Group is run by volunteers and new helpers are always wanted and welcomed.

01420 543219 | ablackman4@gmail.com



Good Neighbours Network is all about people helping people. If you are interested in volunteering visit our website to find a group in your area.

www.goodneighbours.org.uk
info@goodneighbours.org.uk | 02392 899671



The Happy Healing Hut has volunteer programmes for both adults and young people.

www.thehappyhealinghut.com
alton@thehappyhealinghut.com

Volunteering Opportunities



Home Start recruits volunteers from all walks of life, who give considerable time and effort to families. Training is ongoing so people develop their own skills.

www.home-starthampshire.org.uk
familysupport@hshants.org.uk | 0330 1242095



The King's Arms Youth Project offers volunteer vacancies for those who would like to get involved.

www.thekingsarms.org.uk
info@thekingsarms.org.uk
01730 231292



Open Sight are always looking for volunteers to help with our friendly social club that meets monthly.

www.opensight.org.uk
info@opensight.org.uk | 02380 641244



3rd and 8th Alton Scouts only happens because of volunteers like you. There are a variety of volunteer roles, so if you have a desire to see young people be and do more, get in touch!

www.3rdalton.co.uk | www.8thalton.org.uk



Treloar's volunteer roles are varied, flexible and fun! We provide the guidance and roles - all we ask of you is enthusiasm and a willingness to learn.

<http://www.treloar.org.uk/make-a-difference-by-volunteering-for-treloars>
karen.calder@treloar.org.uk | 01420 547400 x 3411



Volunteer First can help you find volunteering opportunities in East Hampshire as well as remote roles – use your postcode to search our website.

www.volunteerfirst.co.uk
0300 5008085



Watercress Line is where you can come and join our award-winning team of volunteers. Whether you have relevant skills or you would like to do something totally different, we will make you welcome.

<https://watercressline.co.uk>
volunteer@watercressline.co.uk | 01962 587058



**Alton Town Council would like to thank our
Alton Community Support Directory supporters:**

- **A31 Primary Care Network Social Prescribing Team for their help with compiling the directory.**
- **District Councillors Suzie Burns and Graham Hill for their Community Grants that have made this project possible.**
- **Harvest Church at the Alton Maltings Centre for their kind donation towards the printing of these booklets.**

