

Own Emergency Numbers

GP:

Dentist:

School:

Day Care:

Respite:

In Case of Emergencies contact:

Other useful numbers:

Emergency Numbers

Police, Fire, Ambulance and Coastguard	999 or 112
Police (non-emergencies)	101
NHS (non-emergencies)	111
Electricity	105
Gas Emergency Service	0800 111 999
Bournemouth Water	01202 590059
Southern Water	03303 030368
Environment Agency - Floodline	03459 881188

Hospitals and Hospices

Becton Centre	01425 623802
Hythe Hospital	02382 318400
Lymington Hospital	01590 663000
Melbury Lodge	01962 897700
Milford-on-Sea War Memorial Hospital	01590 648100
Moorgreen Hospital	02380 475200
Mountbatten Hospice	02380 477414
Oakhaven Hospice	01590 670346
Princess Anne Hospital	02380 777222
Romsey Hospital	02382 310350
Royal Bournemouth	01202 303626
Royal South Hants	02380 540087
Southampton General	02380 777222
Southern Health NHS Foundation Trust	02382 310000
The Priory, Marchwood	02380 985615
Western Hospital	02380 540666

This leaflet was produced by: New Forest Carers Friends, in partnership with Carers Together and other New Forest Groups
Telephone: 01794 519495 / 07920 506343
Email: admin@carerstogogether.org.uk
Website: www.carerstogogether.org.uk

**Are you looking
after or giving
support to
someone who
lives in the
New Forest?**



**This signposting leaflet
provides a guide to
useful information,
advice and services
for the carers of
New Forest residents**

April 2024



Charity Number
1197548

Carers Support Workers

Alzheimer's Society	02380 610159
Andover Mind	01264 332299
Carers Together	01794 519495
Mental Health Team - New Forest East	02380 868886
Mental Health Team - New Forest West	01425 622922
Princess Royal Trust for Carers	01264 835246

Useful Information

Benefits	www.gov.uk/browse/benefits
Blue Badge	03005 551376
Citizen Advice New Forest	03003 309009
Connect to Support Hants	www.connecttosupporthampshire.org.uk
Hampshire County Council	03005 551375
HCC Registrar	03005 551392
HCC Trading Standards	03454 040506
HCC Transport & Roads	03005 551388
HOPE	07842 204829
New Forest Council	02380 285000
New Forest East MP - Julian Lewis	02380 814817
New Forest West MP - Desmond Swayne	02072 194886
Royal Mail Services	03457 740740
Royal Mail Preference Service	03452 660858
Solicitors for the Elderly	www.sfe.legal
New Forest Tourist Information Centre	www.newforest.co.uk
Talking Newspaper - Southampton	02380 333343
Talking Newspaper - National - RNIB	03031 239999

Practical help and advice

Citizens Advice Line	03444 111444
Community 1st	03005 008085
Contact A Family	08088 083555
Dementia Friendly Ringwood & Bransgore	07775 908330
Hampshire Equip. Service	03005 551386
Hampshire Parent Carer Network	participation@hpcn.org.uk
Hampshire SENDIASS	08081 645504
HCC Adult Services	03005 551386
* Mon-Thurs 8.30am-5pm	
* Friday 8.30am-4.30pm	
* Out of Hours	03005 551373
* Textphone	03005 551390
HCC Adult Services - Sensory Team	03005 551386
Text	03005 551390
HCC Adult Service - Occupational Therapy	03005 551386
HCC Children's Services	03005 551384
* Mon-Thurs 8.30am-5pm	
* Fri 8.30am-4.30pm	
* Out of Hours	03005 551373
Inclusion New Forest (Drug & Alcohol)	03001 240103 Option 6
New Forest Mencap	01425 621893
New Forest Disability Information Service	01425 628750
Parkinson's New Forest	07595 927299
Relate	03000 030396
Silverlinks	07825 168364
Social Care in Action	02380 366663
Solent Mind	02382 027810
Southern Health Carer & Patient Hub	02382 311206
Wessex Cancer Support	02380 672200

Voluntary Transport

Transport for medical appointments	
Bransgore	01425 673057
Brockenhurst	08456 435808
Burley	07922 569965
Fawley	02380 898756
Fordingbridge	08458 385902
Hordle	08453 889063
Hythe & District	02380 842809
Lymington	01590 679187
Lyndhurst	08453 889063
Milford on Sea	01590 641700
New Milton	01425 611662
Ringwood	07933 202112
Sway	01590 681500
Totton	03005 008085
Waterside	02380 843676

Helplines

Age Concern	08000 856625
Al-Anon for relatives	08000 086811
Alcoholics Anonymous	08009 177650
BEAT (Eating Disorders)	08088 010677
Childline	0800 1111
CRUSE Bereavement	08088 081677
Elder Abuse	08088 088141
Hampshire Fire & Rescue	02380 626751
Hampshire & IOW Police	0800 555 111
Huntingdon Disease Assn.	01513 315444
MND Connect	08008 026262
Multiple Sclerosis	08088 008000
Parkinson's UK	08088 000303
RNIB	03031 239999
Samaritans	116 123
Scope Response Line	08088 003333

Carers Active Listening Line
08000 323456 (365 days a year)