

# Health and Well-being

For adults



This list was created on 13/9/19. For more detail, and the most up to date entries, please look on the Local Autism Directory - <https://www.autismhampshire.org.uk/local-autism-directory/>

## **An Easy Read Guide to Anxiety**

Downloadable free guide created by the Mental Health Foundation

Contact:

<https://www.mentalhealth.org.uk/learning-disabilities/publications/easy-read-guide-anxiety>

## **Autism and Mental Health Consultation Report and Film**

Created to support a Hampshire consultation about mental health services

Contact:

<http://www.shantsnas.org.uk/consult>

## **Challenging Behaviour Foundation Family Support**

Charity for people with severe learning disabilities whose behaviour challenges

Contact:

The Challenging Behaviour Foundation, Chatham, Kent, ME4 6BE

01634 838739

[support@thecbf.org.uk](mailto:support@thecbf.org.uk)

<http://www.challengingbehaviour.org.uk/>

## **Connect to Support Hampshire**

For adult residents in Hampshire to enable them to independently find information, advice and services to support them, or people they care for, with their care and support needs.

Contact:

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

## **Cornloft Creative and Therapeutic Arts Studio, Stockbridge**

Sessions to help adults and children with complex issues and their families

Contact:

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Cornloft Art Studio and Consultancy, Creative and Therapeutic Art, Stockbridge, Hampshire, SO20

6DJ

Jeff - 07714 182071

Jeff@cornloft.org

<http://www.cornloft.org.uk/creative.html>

## **Dental Passport**

To give vital information about you to your dentist

Contact:

Bradbury Centre, Southampton, Hampshire, SO16 5NA

0300 303 8603

<http://www.accessibleinfo.co.uk/pdfs/MyDentalPassport.pdf>

## **Frank: Honest Information about Drugs**

Friendly, confidential drugs advice

Contact:

0300 123 6600

frank@talktofrank.com

<http://www.talktofrank.com/>

## **Get Moving! Dance and Fitness - New Milton**

Dance and fitness class for those with disabilities aged 16-25

Contact:

New Milton Health and Leisure Centre, New Milton, Hampshire, BH25 6RR

Sarah Newman on 01425 611199

sarah@isaacson.org.uk

<https://www.facebook.com/Getmovingsayso>

## **Healthwatch Hampshire**

Your spotlight on local services

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Hampshire

Contact:

Healthwatch Hampshire, Unit 12, Winchester, Hampshire, SO23 0LD

01962 440 262

[enquiries@healthwatchhampshire.co.uk](mailto:enquiries@healthwatchhampshire.co.uk)

<http://www.healthwatchhampshire.co.uk/>

## **Hospital Passport**

National Autistic Society

Contact:

<https://www.autism.org.uk/about/health/hospital-passport.aspx>

## **Independent Arts - Therapeutic Arts in the Community, Isle of Wight**

Using arts to improve health, well-being and quality of life for older people.

Contact:

Furrlongs, Newport, Isle of Wight, PO30 2AX

01983822437

[info@independentarts.org.uk](mailto:info@independentarts.org.uk)

<http://www.independentarts.org.uk>

## **Isle of Wight - Private Occupational Therapist**

Promoting independence and well-being

Contact:

01983 753476

[ot02vwo@btopenworld.com](mailto:ot02vwo@btopenworld.com)

## **Kingsley Organisation - East Hampshire**

Personal development for disabled adults

Contact:

Kingsley Organisation, Kingsley, , GU35 9ND

01420 479000

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[jo@kingsleyorganisation.org.uk](mailto:jo@kingsleyorganisation.org.uk)

<http://www.kingsleyorganisation.org.uk>

## **Learning Disabilities Healthcare Services - Solent NHS**

For adults (aged 18+) with a learning disability and a healthcare need

Contact:

The Kestrel Centre, St James, Portsmouth, Hampshire, PO4 8LD

02392 684600

[ian.chalcroft@solent.nhs.uk](mailto:ian.chalcroft@solent.nhs.uk)

<https://www.solent.nhs.uk/our-services/services-listings/learning-disability-healthcare-services/>

## **Made With Love by Emma**

Weighted blankets and keepsakes

Contact:

18 Carnegie Close, Lee on the Solent, Hampshire, PO13 9JZ

07713625530

[madewithlove77@gmail.com](mailto:madewithlove77@gmail.com)

<http://www.madewithlovebyemma.com>

## **National Autistic Society: Health**

Information for autistic people

Contact:

<https://www.autism.org.uk/about/health.aspx>

## **National Health Service - Questions to Ask Leaflet**

Easy read information about seeing the doctor or visiting the hospital

Contact:

<https://www.nhs.uk/NHSEngland/AboutNHSservices/Documents/Questions%20to%20ask/QTA%20Easy%20Read%20version.pdf>

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## **Network Autism: Information for Dentists**

Making dental practices more autism-friendly

Contact:

<http://network.autism.org.uk/knowledge/insight-opinion/making-dental-practices-more-autism-friendly#.Wg0fbmKM7dY.facebook>

## **New Hopes Nutrition - New Forest**

A dietary specialist with experience supporting children/adults with autism

Contact:

45 Waverley Road, Fordingbridge, Hampshire, SP6 1EU

07866 950685

[susandavis@newforestnutrition.co.uk](mailto:susandavis@newforestnutrition.co.uk)

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

## **NHS Apps Library: Mental Health**

A list of apps that support mental health

Contact:

[https://apps.beta.nhs.uk/category/mental\\_health](https://apps.beta.nhs.uk/category/mental_health)

## **NHS Choices Hospital Visit Guide**

Going into hospital with a learning disability top tips leaflet

Contact:

<http://www.nhs.uk/Livewell/Childrenwithlearningdisability/Pages/Going-into-hospital-withlearning-disability.aspx>

## **Portsmouth Disability Forum (PDF)**

Promoting care, welfare, interest, education and advancement for disabled people and their families

Contact:

Frank Sorell Centre, Southsea, Hampshire, PO4 9HR

02392 815266

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Hampshire

[contact@p-d-f.org.uk](mailto:contact@p-d-f.org.uk)

<http://www.p-d-f.org.uk/en/>

## **Samaritans**

24/7 support service

Contact:

08457 90 90 90

[jo@samaritans.org](mailto:jo@samaritans.org)

<http://www.samaritans.org/>

## **Say It Once**

Website to provide records of key health and social care information about yourself

Contact:

01794 519495

[contact@sayitonce.info](mailto:contact@sayitonce.info)

<http://www.sayitonce.info/about.html>

## **Special Care Dental Service - Solent NHS**

Provision for people with disabilities

Contact:

Dental Single Point of Access, Southampton, Hampshire, SO14 0YG

0300 300 2014 / 023 8077 2585

<https://www.solent.nhs.uk/our-services/services-listings/special-care-dental-service/>

## **Special Yoga - Milford on Sea**

Yoga workshops suitable for people with autism

Contact:

Halnaker House, Milton on Sea, Hampshire, SO41 0RP

0789 458 8002

[info@novamileskoyoga.com](mailto:info@novamileskoyoga.com)

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<https://novamilesko.com/>

## **Staying Safe Out and About**

An easy read guide for people with learning disabilities

Contact:

Foundation for People with Learning Disabilities,, LONDON,, , SE1 2SX

020 7803 1100

[info@learningdisabilities.org.uk](mailto:info@learningdisabilities.org.uk)

<https://www.mentalhealth.org.uk/learning-disabilities/publications/staying-safe-out-and-about>

## **Support and Advice for Independent Living Service (SAIL): The YOU Trust**

For adults in Hampshire

Contact:

0330 822 0282

[sail@theyoutrust.org.uk](mailto:sail@theyoutrust.org.uk)

<http://theyoutrust.org.uk/service/social-care-services/support-and-advice-for-independent-living/>

## **Talking Change - Free NHS Solent Mental Health Service, Portsmouth**

Psychological treatments for a variety of mental health conditions, for people over 16

Contact:

8F , Fratton Way, Portsmouth, PO4 8TA

0300 123 4125

<https://www.talkingchange.nhs.uk/>

## **Young Epilepsy**

Transition support programme for young people (aged 15-25) with epilepsy in Hampshire

Contact:

01342 832243 ext 517

[etingley@youngepilepsy.org.uk](mailto:etingley@youngepilepsy.org.uk)

<http://youngepilepsy.org.uk/>