



SOUTHAMPTON SERVICE DIRECTORY



Southampton
Christian
Network



Dear Friends,

Having worked in the city for over thirty years, I'm more and more aware of the great number of charities and projects that exist to serve those in Southampton with various needs. Many of us regularly come into contact with people who would benefit from the work of these organizations but may not know of their existence or how to get in touch. I'm very grateful to the team at Above Bar Church who, in association with Southampton Christian Network, have put together this Service Directory that brings this information together in one place. As an umbrella network of Christian churches in Southampton, we wanted to make this directory available to others who would find it a useful resource. We are aware that information can go out of date quickly, and the directory is certainly not exhaustive, so we will continue to update it and reprint it every so often. The directory is also available to download from our website at www.southamptonchristiannetwork.org.uk/servicedirectory

Wishing you every blessing in your work in the city,

Paul Finn

Chair of Southampton Christian Network

All information in this document is as up to date as is possible using each organisation's own website as a source for the information. If you know of any service not mentioned in this directory or any changes to the services in here please email changes to office@abovebarchurch.org.uk where it will be updated on the online pdf.

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Addiction and alcoholism

Al-Anon Family Group

Support groups for anyone whose life is, or has been, affected by someone else's drinking. Over 800 support groups in the UK and Republic of Ireland.

Tel: 020 7593 2070

Confidential helpline: 020 7403 0888

E-mail: enquiries@al-anonuk.org.uk

Web: www.al-anonuk.org.uk

MORPH

Group of ex- and on-going drug users committed to improving things for anyone still using drugs or trying to stop. Drop-in sessions open to everyone, and up-to-date meeting times are available upon contact.

The Voluntary Action Centre, Kingsland Square, St Mary's, Southampton, SO14 1NW

Tel: 023 8021 6009

E-mail: morphin@southamptonvs.org.uk

Street Scene

Provides support and residential care for those with addiction problems, helping towards rehabilitation. Self referrals accepted, but referral from a GP or social worker etc. is recommended.

Tel: 02380 634 988 / 01202 467 661

E-mail: info@streetscene.org.uk

Transformed – 12 Step Program

A Christian 12-steps-to-recovery program held in various venues around Southampton. Get in touch with Noel for details of the nearest group.

Tel: 07939 349 630

E-mail: noel@recovered4life.org

The Waterfall

A Christian charity that provides a recovery programme to help vulnerable women overcome addictions. Welcomes all women over 18 regardless of race, religion or sexual orientation.

The Waterfall Trust, 11th Floor, Dukes Keep, Marsh Lane, Southampton SO14 3EX

Web: thewaterfall.org.uk

Drug and Alcohol Recovery Service (DARS)

Provides an open access service for those aged 25 and over for assessment and treatment. Support also offered for families of service users.

The Carronades, 2 New Road, SO14 0AA

Open for drop-in: 9.30am-12.30pm and 1.30-3.30pm

Tel: 023 8071 7171

Family and Friends Support Link

Supports and informs those affected by drug or alcohol use within the family.

Always available, seven days a week.

Tel: 023 8039 9764

Web: www.parentsupportlink.org.uk

Advice

Citizens Advice Bureau (CAB)

Free, confidential advice on services including benefits, employment and housing. Clients wishing to see an advisor must first complete a Gateway Assessment by phone or at CAB outreach (lower ground floor of Southampton Central Library, Mon-Fri, 10am-2pm).

Tel advice: 02380 221406 or 02380 333 868

Web: www.citizensadvice.org.uk

Bereavement

Cruse Bereavement

Exists to promote the well-being of bereaved people, offering free counselling sessions in the home, in either a one-to-one setting or a local support group.

Tel: 0808 808 1677

E-mail: southhampshire@cruse.org.uk

Simon says

Provides support to bereaved children and their families through support groups and helpline counselling. Pop-in sessions are once a month, details to be provided upon interest.

Tel: 08453 055 744

Helpline: 023 8064 7550

Web: www.simonsays.org.uk

Counselling

Central Counselling and Training Service

A professional Christian counselling service that supports those with emotional needs in Southampton. Training courses offered for becoming accredited counsellors. Running at Central Hall, St Mary Street, SO14 1NF.

Tel: 02380 385 247

E-mail: info@ccts-southampton.org

Web: www.ccts-southampton.org

Life Changes

Community counselling service. Independent, confidential and open to all.

Tel: 02380 405 569

Web: www.lifechangescounselling.org.uk

Options

A community counselling service that includes services to support those with gambling addiction and aid their recovery. Also provides training and consultancy.

Tel: 02380 630 219

Web: www.optionscounselling.co.uk

Debt and finance

Christians Against Poverty (CAP)

Provides support and guidance through times of debt and financial difficulty. Home visits available.

Tel (for appointments/advice): 0800 328 0006

E-mail: info@capuk.org

Web: www.capuk.org

Frontline Debt Advice

Provides support and guidance through times of debt and financial difficulty including free debt and benefits advice. Drop-in sessions held at various times in each centre—see below.

Harefield Frontline — Harefield Surgery, 21 Exford Avenue

Open: Mon 9am-12pm

Tel: 07914 744 142

E-mail: harefield@frontlinedebtadvice.org.uk

Shirley Frontline — Church Street, Shirley

Open: Wed 1.30-4pm

Tel: 07919 318 598

E-mail: shirley@frontlinedebtadvice.org.uk

Swaythling Frontline — Swaythling Methodist Church, Burgess Road

Open: Mon, Wed & Thurs 9.30am-3pm, drop-in Wed 9.30am-12pm

Tel: 02380 552 866 or 07977 175 949

E-mail: swaythling@frontlinedebtadvice.org.uk

Thornhill Frontline — Thornhill Baptist Church, Thornhill Park Road

Open: Tues, Wed & Thurs 9.30am-12.30pm (preferably by appointment, but drop-in welcome), Thurs 7.30-9.30pm (by appointment only)

Tel: 07806 264020

Email: thornhill@frontlinedebtadvice.org.uk

Totton Frontline — Mayday House, 11 Rumbridge Street

Open: Thurs 9.30am-12.30pm

Tel: 07507 727 077

E-mail: frontlinetotton@frontlinedebtadvice.org.uk

Weston Frontline — Weston Lane Surgery, The Centre for Healthy Living, Weston Lane

Open: Tues 10am-1pm (by appointment)

Tel: 02380 552866 or 07472 382 276

E-mail: weston@frontlinedebtadvice.org.uk

Rent Deposit Schemes

Solent Credit Union

A secure place to save and get low interest loans without credit checks. (i.e. possible rent deposit)

Tel: 02381 788 375

E-mail: enquiries@solentcreditunion.co.uk

Web: www.solentcreditunion.co.uk

Southampton Churches Rent Deposit Scheme

Help with Privately Rented Accommodation

Opening times: Tuesday & Thursday 9.30am–2.00pm

Avenue St Andrew's URC, The Avenue (Opposite Northlands Road),
Southampton, Hampshire, SO17 1XQ

Tel: 023 8090 4529 (24 hr answerphone)

Fax: 023 8067 8787

e-mail: rentscheme@asauroc.org.uk

Shelter

Free Advice Helpline - Tel: 0808 800 4444. They keep details of Rent Deposit schemes available in any area.

Domestic violence

National Domestic Violence Helpline — 24-hour helpline

Free, 24-hour helpline, run in partnership between Women's Aid and Refuge, for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Helpline: 0808 2000 247

Southampton Women's Aid

Providing support and information to all those affected by Domestic Violence in Southampton. Outreach is available to adults, young people and children.

Helpline (Mon-Fri, 10am-1pm): 0808 801 0334

Tel (general enquiries): 02380 338 881

E-mail: info@southamptonwomensaid.org.uk

Web: www.southamptonwomensaid.org.uk

Men's advice line

Help and support for male victims of domestic violence.
Helpline (Mon-Fri 9am-5pm): 0808 801 0327

Employment

Big Issue

Scheme which enables homeless or vulnerably housed individuals to earn an income through selling the Big Issue magazine.

Two Saints Day Centre, 30 Cranbury Avenue, St Mary's, SO14 0LT

E-mail: info@bigissue.com

Job Centre Plus

Government agency supporting people of working age from welfare into work. Also offers welfare and benefits advice.

St Cross House, 18 Bernard Street, Southampton SO14 2HP

Tel: 0845 604 3719

Southampton Action For Employment (SAFE)

A course that helps the long term unemployed gain confidence and work towards employment. Call or e-mail to book a one-to-one appointment.

1st Floor, Dukes Keep, Marsh Lane, Southampton, SO14 3EX

Open: Tuesday-Friday, 9am-4.30pm

Tel: 023 8070 2222

E-mail: choices@safe.org.uk

Southampton Advice and Representation Centre (SARC)

Offers advice and representation in employment and welfare benefits.

Tel: 023 8043 1435

Email: admin@sarc.org.uk

Wheatsheaf Trust

Supports disadvantaged people in fulfilling their potential and finding ways to play a greater part in society and the economy. Provides help to find a new job or training opportunity.

Wheatsheaf House, 24 Bernard St, Southampton, SO14 3AY

Tel: 023 8023 7662

Elderly needs and general support

Age UK Southampton

Seeks to help and support the elderly practically and with befriending.

Tel: 023 8036 3636

E-mail: info@ageuksouthampton.org.uk

Web: www.ageuk.org.uk

GEM dementia support group (Hedge End)

Fortnightly support group for those suffering with dementia, providing support and friendship.

Kings Community Church, Upper Northam Close, Hedge End, SO30 4BZ

Tel: 01489 784 333

E-mail: admin@kccsouthampton.org

Communicare

Provides practical and emotional support to needy people in Shirley and neighbouring areas. Will visit lonely, housebound elderly folk, help mothers with babies and young children and provide transport for hospital and other appointments.

Tel: 023 8039 9962

Email: communicare@shirleybaptist.org

Ex-offenders

Transformed

Provides one-to-one and group mentoring and support for ex-offenders.

Tel: 07939 349630

E-mail: noelmcnamee7@yahoo.co.uk

Families and relationships

Family Lives

Provide professional, non-judgmental support and advice in a way that all members of the family can freely access. Provided through a 24-hour helpline, advice on their website, live chat services, befriending services and parenting/relationship support groups.

Tel: 02380 557130

Helpline: 0808 800 2222

Web: www.familylives.org.uk

SVS Family Projects

For families with a child under 8 who have high social, emotional or health needs, live in temporary or inadequate housing, or who need support accessing other resources.

Tel: 023 8021 6060

Web: www.southamptonvs.org.uk/about-svs/svs-services/family-projects/

Children and Young People's Information Service

Information helpline providing family support, childcare and activities for 0-19yrs old.

Tel: 0800 1698 833 or: 02380 833 014

Web: sid.southampton.gov.uk

E-mail: fis@southampton.gov.uk

Southampton Information, Advice and Support Service

Parental support helpline and partnership service. Provides support and advice for children and young people with special educational needs/disabilities and their parents or carers.

187a Portswood Road, SO17 2NF

Tel: 02380 557 607

Southampton Community Family Trust

Provides a local focus for relationship building and support, including offering parenting courses for first time and established parents, and marriage preparation/enrichment courses.

Tel: 023 8021 6003

Email: info@scft.org.uk

Web: www.scft.org.uk/www.prepare-enrich.co.uk prepare-enrich@scft.org.uk

Relate Solent

Offers relationship counselling sessions via telephone between 9.30am and 9pm. Please ring to schedule an appointment.

Tel: 023 8022 9761

Web: www.relatesolent.org.uk

Childline

A free and confidential helpline service for children and young people up to age 19, enabling them to talk to a counsellor about any problems. Helpline available 24/7.

Tel: 0800 1111

Web: www.childline.org.uk

Food and essentials

Basics Bank

This is a service that provides food packages and clothing to support those who have none, or are going through a period of financial hardship. This is by referral only—claimants must present a valid voucher. See below for sample list of referral providers.

Referral Agencies

CLEAR	Central Hall	Family Projects
General Hospital	Job Centre	No Limits
Social Services	Sure Start	The Booth Centre
Two Saints Day Centre		

Tel: 07929 641 755 (only answered Monday, Wednesday & Thursday 10.00am -15.00pm)

E-mail: office@southamptoncitymission.co.uk

Web: www.southamptoncitymission.co.uk/basics-bank

Food Bank venues:

Monday Above Bar Church, 69 Above Bar Street, SO14 7FE
Tel: 02380 228 275 (Entrance on Ogle Road)

Tuesday St Mary's Church, St Monica Road, Sholing, SO19 8ES
Tel: 02380 448 337

Wednesday The Old Chemist, Bitterne Triangle, SO18 1NP
Tel: 02380 556 955

Thursday Swaythling Methodist Church, Burgess Road, SO16 3BE
Tel: 02380 553 700

Friday Lordshill Ecumenical Church, Lordshill District Centre, SO16 8HY
Tel: 02380 731091

Clothing Bank:

Monday Central Hall, St Mary Street, SO14 1NF
Tel: 02380 237 700

Free Meals

Big Breakfast

A free cooked breakfast for those who are homeless or vulnerable.

Every Thursday at 10am.

Above Bar Church, 69 Above Bar Street, SO14 7FE (entrance on Ogle Road)

Tel: 02380 228 275

Web: www.abovebarchurch.org.uk

Community Cafe

Free cooked food and drink, anyone welcome, providing a free hot meal to the homeless or vulnerably housed and offering a place of warmth and welcome. Sunday 4.30-6pm.

Central Hall, St Mary Street, SO14 1NF

Tel: 02380 234 000

E-mail: communitycafe@newcommunity.org.uk

Victory Highway Ministries Soup Run

Offers food and counsel to the homeless and vulnerable. Monday evenings starting at 8pm at Charlotte Place, stopping at London Road and Above Bar Cenotaph.

Tel: 02380 551 300

Saturday Breakfast Clubs

Free breakfast in an open and welcoming environment—open to all!

First Saturday of the month

Riverside Family Church, Northam, SO14 0QH

Tel: 02380 220 256 (9am-11am)

Second Saturday of the month

Life Church, The Life Centre, Dukes Road, Bevois Valley, SO14 0SQ

Tel: 02380 676 599 (8.30am-11am)

Third Saturday of the month

Portswood Church, Portswood Road, SO17 2FY

Tel: 02380 399 658 (9am-11am)

Fourth Saturday of the month

Central Baptist Church, Devonshire Rd, SO15 2GY

Tel: 02380 225 473 (9am-10.30am)

Weekdays

Tuesday
12 noon

'286' Burgess Road (Formerly
Swaythling Methodist Church),
SO16 3BE.

Tel: 023 8023 4000

Wednesdays
(most of the year)
From 10.30am

City Life Church, 286 Burgess Road, SO16 3BE
Tel: 02380 234 000

Thursdays
10am-11am

Above Bar Church, 69 Above Bar Street, SO14
7FE
Tel: 02380 228 275 (Entrance on Ogle Road)

Every Day Mon—Fri
From 9am

Two Saints Day Centre, 30 Cranbury Avenue
SO14 0LT *Small charge for food and drink*
Tel: 02380 223 443

Southampton City and Region Action To Combat Hardship (SCRATCH)

For furniture (including white goods) and other essential practical support for families living in hardship. Also provide a Welfare Information Line which provides advice to anyone in need about services in Southampton.

Welfare Information Line: 023 8001 0883. Available Monday to Friday, 10am-12.30pm & 1.30-4pm.

Tel (general enquiries): 023 8077 3132

Sunday Lunch Project

A free hot lunch provided each Sunday for those who need it, open to all.

Woolston St Marks Institute, 37 Victoria Road, SO19 9DY
Sunday 10am-1.30pm

Freemantle Freemantle United Reformed Church, 257 Shirley
Road, SO15 3HS
Sunday 11am-1.30pm

Gender identity

Chrysalis

Provides support for those facing gender identity issues such as transitioning between genders. Provides counselling, group support and individual mentoring. Highly confidential.

Tel: 01489 589111

E-mail: info@chrysalis-gii.co.uk

Health (physical)

NHS Non-Emergency Help

For telephone health advice with NHS trained professionals, when your issue is not serious or life threatening.

Tel: 111

Shirley Dental Centre (No appointment needed)

Walk-in, provision of dental services between 8am to 8pm. Available 7 days a week.

10 - 12 Cannon Street, Shirley SO15 5PQ

Tel: 02380 784 104

Treatment is free for those under 18, pregnant or in receipt of benefits (***proof must be provided**)

Southampton Health Trainers

Helps you to identify lifestyle changes that you could make to be more healthy, such as eating more healthily, becoming more active, giving up smoking or dealing with stress. Also offers weight management groups.

Tel: 02380 515 222

E-mail: snhs.southamptonhealthtrainers@nhs.net

Southampton Minor Injuries Unit/Walk-in Centre

Minor Injuries Unit, Royal South Hants Hospital, Graham Road, SO14 0YG

Tel: 023 8071 6539

Bitterne Walk-in Centre, Bitterne Health Centre, Commercial Street, SO18 6BT

Tel: 02380 426 356

Web: www.nhs.uk/service-search

Sexual Health Clinics (NHS)

Integrated clinic providing both Contraceptive & Sexual Health (C&SH) and Genito-Urinary Medicine (GUM) services. Offers free advice, information, all methods of contraception, emergency contraception for all ages, screening and treatment for sexually transmitted infections (STIs), pregnancy testing, help with an unplanned pregnancy and referral if necessary. Can also help with issues such as sexual difficulties, PMT, menopausal problems and planning for a pregnancy. Treatment, care and support for newly diagnosed and existing HIV positive clients, their carers, family and partners. Young people are welcome at all sessions.

Walk-in clinics (No appointment needed) — Monday, Tuesday, Friday 8.30- 11.30am; Wednesday 1-5.30pm. Other hours available if an appointment is made, ring for details.

GU Medicine, Level B, Out-patients, Royal South Hants, SO14 0YG

Tel: 0300 123 7399

Homelessness

Street Homeless Prevention Team

This team supports and helps people on the streets get off and get the support they require. All hostel placements are controlled by this team so it is imperative that any agency alerts them of any homeless individuals.

Tel: 02380 832 343

E-mail: streethomeless@southampton.gov.uk

Alabaré Homes for Veterans

Christian-run organisation specialising in rehousing and supporting veterans.

Tel: 01722 322 882

Riverside House, 2 Watt Road, Churchfields, Salisbury, SP2 7UD

Homeless Healthcare Team

Direct access to healthcare for those on the streets.

Tel: 02380 336 991

Two Saints Day Centre

Provides food, drink, showers and access to the Street Homeless Prevention Team and the Homeless Healthcare Team. Direct access available—no referral needed.

30 Cranbury Ave, SO14 0LT

Tel: 02380 223 443

Mon - Thurs — 8.45am-4.45pm Fri — 8.45am—1.45pm

Salvation Army - The Booth Centre

Hostel for vulnerable adults for up to 1 year placements—by referral only. Call for more information.

57 Oxford Street SO14 3DL

Tel: 02380 330 797

Victory Highways Ministry Pit-stop Day Centre

Provides lunch, help and support to those in need. Thursday 12pm-2.30pm.

Northam community centre, Kent Street, Northam, SO14 5SP (use Peel St entrance)

Tel: 02380 551 300

E-mail: admin@victory.uk.net

Mustard Supported Lodgings

They offer young people (16-25) a 'stepping-stone' to independent living by providing the opportunity to move into a home environment as a rent-paying lodger.

Tel: 07952 984 691

E-mail: info@mustardsupportedlodgings.org.uk

Runaway Helpline (Missing People)

Call or text 116 000. Calls are anonymous, free and available 24/7.

Used for concerns about someone if they:

- Are running away from home
- Are not happy at home or in care and wanting to leave
- Are a missing person whom the Police are looking for
- Have been missing before
- Might have been hurt, abused or exploited

The charity also offers lost family member tracing and Message Home facility.

Winchester Churches Night shelter

Direct Access hostel. Jewry St, Winchester, SO23 8RZ.

Mon-Fri: 9am-3pm

Tel: 01962 862 050

E-mail: admin@wcns.org.uk

Learning disabilities

Intouch Support

Provides support with housing for disabled individuals, regardless of individual situation. The service is free, and referral can be obtained by contacting Deborah Dunnett (e-mail below) or calling Danny Barker (number below).

E-mail: deborah.dunnett@familymosaic.co.uk

Tel: 02380 659 641 or 07508 343 062

Choices Advocacy

For people with learning difficulties in Southampton and South West Hampshire.

Provides independent advocacy and person-centred planning.

The Warren Centre Plus, Warren Crescent, SO16 6AY

Tel: 02380 337 735

Southampton Mencap

A support and empowerment service for people with learning disabilities of any age.

187a Portswood Road, Southampton, SO17 2NF

11 London Road, Southampton, SO15 2FE

Tel: 023 8058 4088

E-mail: admin@southamptonmencap.co.uk

Mental health and emotional well-being

Mental Health Concerns (General advice)

Feeling very distressed, despairing or suicidal and need immediate help please contact your GP's surgery and request an emergency appointment; contact the Samaritans, or go to your nearest Accident and Emergency Dept. If your doctor's surgery is not open, you can call the NHS on 111 available 24 hours a day. *Calls are free from landlines and mobiles.* Do not use the NHS 111 service if your situation is life-threatening. **If you feel at immediate risk of harm to yourself, go straight to your nearest Accident and Emergency department or call the Emergency Services on 999.**

Samaritans

Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Tel: 116 123 (Calls are free, 24/7)

E-mail: jo@samaritans.org

Text: 07725 90 90 90

Solent Mind

Advice, support and advocacy for those struggling with mental health issues.

15-16 The Avenue Rd, Southampton, SO17 1XF

Tel: 023 8202 7810

E-mail: info@solentmind.org.uk

New ID—Eating Disorders

A course that helps those suffering with eating disorders or those supporting sufferers understand the problem better and work through some of the issues.

Tel: 02380 558 234

Combat Stress

Helpline supporting veterans of the British Armed Forces (and Reserve Forces) through effective treatment for mental health problems and PTSD.

Helpline: 0800 138 1619

Tel (General enquiries): 0137 258 7000

Modern Day Slavery

Modern Slavery Helpline 08000121700

www.modernslaveryhelpline.org/

National Trafficking Support Service 0300 303 8151 (Salvation Army)

Pregnancy (unexpected/unwanted)

Life

Provides support and advice to those experiencing an unexpected pregnancy.

Tel: 0800 915 4600 Text-2-talk: 07786 200 330

The Firgrove Centre

The centre offers free and confidential advice at all stages of pregnancy whether considering an abortion or post-abortion, and will provide emotional support and advice. Drop-in service—no appointment required.

107 Firgrove Rd, Freemantle, Southampton, SO15 3ET

Tel: 023 8078 3134

Mon—9.30am-2.30pm, Tues—9.30am-4pm, Wed—9.30am-2.30pm,
Thurs—Closed, Fri—9.30am-2.30pm

Refugees

CLEAR

CLEAR works to improve the education, employability and quality of life of refugees in Southampton. Open: Tuesday — Friday 10am-4pm

11 Queensway, Southampton, SO14 3BL

Tel: 023 8022 1111

EU Welcome

Provides help and support to migrants in the Southampton area from EU and other European countries.

Tel: 07786 392 886

Email: euwelcome@yahoo.co.uk

Sexual Abuse

Yellow Door

Provides a range of advice, information and counselling services for males and females aged 12 and over in relation to any unwanted sexual experience.

Helpline: 02380 636 313

Open: Wednesday 4-7pm

Website: www.southamptonrapecrisis.com

E-mail: info@yellowdoor.org.uk

Sex Worker Support

The Gate

Provides support, advocacy and signposting to women involved in prostitution in Southampton in both on- and off-street contexts. Through building relationships, aims to support women in the choices they make, and if they wish to leave prostitution, to assist them in changing their lifestyles and finding routes out. Regularly outreach to women involved in on-street prostitution and developing services to reach women involved in off-street work.

Nicky Porter: 07717 378759

Sharon Hawkins 07952 680478

Email: nicky@citylife.org.uk or thegateoutreach@citylife.org.uk

Website: www.citylife.org.uk

Beyond the Streets

A UK charity providing support to women involved in the sex industry and the projects that work alongside them.

Tel: 0300 302 1122

Email: office@beyondthestreets.org.uk

Website: www.beyondthestreets.org.uk

Veterans Outreach Support

(VOS) Service Provision

Drop-in centre and cafe for serving and retired veterans of the British Armed Forces. Many support services available.

The Royal Maritime Club, Queen Street, Portsmouth, PO1 3HS.

Tel: 02392 731 767

SSAFA

The *Soldiers, Sailors, Airmen and Families Association* — Forces help.

Tel (National): 02074 038 783 Hampshire: 02380 770 640

Call helpline for details of the nearest centre. Provides support for British Armed Forces veterans (Regular and Reserves) and their families.

- Advice and emotional support
- Financial assistance
- Legal advice

Combat Stress

Combat Stress exists to support Veterans of the British Armed Forces (and Reserve Forces) through effective treatment and support for mental health problems and PTSD.

Tel: 0800 138 1619 (Helpline)

Tel: 01372 587000 (Enq's. Head Office)

Youth and Children

Sure Start Children's Centres

Provide advice and support for parents and carers. Services available from pregnancy through to when your child goes into reception class at primary school. Offer support with and access to health services, general advice and information, support for training opportunities and support to get people into work.

Tel: 0800 169 8833

No Limits

Youth support and local advice service. People under 26 years old can receive counselling, advice, advocacy and information and many more services available.

13 High Street, Southampton, SO14 3AY

Tel: 02380 224 224

Children and Young People's Information Service (CYPIS)

Provides information and signposting on family support services, childcare and activities for children and young people aged 0-19.

Tel: 0800 169 8833

E-mail: cypis@southampton.gov.uk

Website: www.youngsouthampton.org

Mon-Fri 8.30am-4.30pm

Prince's Trust

Helps 13 to 25-year-olds work towards their personal goals through a free personal development programme to equip them with tools that they need to move forward.

61-64 High Street, Southampton, SO14 2NS

Tel: 0800 842 842

E-mail: southamptoncentre@princes-trust.org.uk

Web: www.princes-trust.org.uk

Tel (Ange): 07879 691 415

Website: www.catch-22.org.uk

Southampton Family Freedom Project

Helps young people develop the confidence and skills to find solutions that are right for them which might include getting back into school or training, choosing to stay out of trouble, finding a safe place to live or helping them to live independently after leaving care or custody.

Sure Start Children's Centres

Provide advice and support for parents and carers. Services available from pregnancy through to when your child goes into reception class at primary school. Offer support with and access to health services, general advice and information, support for training opportunities and support to get people into work.

Tel: 0800 169 8833

Youth Options

Prioritises supporting, developing and engaging children and young people through a range of activities and programmes.

Tel: 01794 525510

E-mail: admin@youthoptions.co.uk

Web: www.youthoptions.co.uk

Other

Southampton City Council Gateway

Enquiries about any council services, tax or parking issues.

Ground Floor, One Guildhall Square, Southampton, SO14 7FP

Tel: 02380 832 005

Police

General enquiries switchboard.

Tel: 01962 841 534

NOTES

Church Directory

Above Bar Church — 02380 228275
Ascension Centre, Bitterne Park — 02380 559074
Avenue St Andrews URC — 02380 678787
Bitterne Local Ecumenical Partnership — 02380 446488
Bridge Christian Fellowship — 02380 225463
Central Baptist Church — 02380 225473
Christ Church Freemantle — 02380 226663
City Life Church — 02380 234000
Elim Christian Centre — 02380 363731
Emmanuel Church, Shirley — 02380 390086
Exilio Church — 02380 333747
Highfield Church — 02380 558234
Holy Trinity Weston — 02380 448421
James Street Church — 02380 232090
King's Church — 02380 785414
King's Community Church — 01489 784333
Life Church Southampton — 02380 676599
Lighthouse International Christian Church — 02380 435455
Lord's Hill Ecumenical Partnership — 02380 732072
MercyVineyard Southampton — 02380 463516
Millbrook Christian Centre — 02380 399894
New Community Central — 02380 237700
New Community Eastligh — 02380 237700
New Community West End — 02380 237700
Orchard Lane Church — 02380 837330
Portswood Church — 02380 399658
Restoration Christian Church — 02380 361192
Riverside Family Church — 02380 220256
Shirley Baptist Church — 02380 399949
Shirley Parish Church — 02380 771755
Shirley Warren Action Church — 02380 787930
Sholing Baptist Church — 02380 438363
Southampton International Evangelical Church — 07932 664651
Southampton Vineyard — 02380 335500
St Boniface and St Johns — 02380 738293
St. Christopher's— 02381225911
St Marks Church Archers Rd — 02380 636425
St Mary's Church — 02380 330851
St Peter's Church Bishops Waltham—01489-892618
St Thomas' Church Fair Oak — 02380 695786
Swaythling Baptist Church — ministerswaythling@gmail.com
Testwood Baptist Church — 02380 860320
Thornhill Baptist Church — 02380 464121
Torch Trust Fellowship — 02380 554769
Victory Gospel Church — 02380 731608
Waltham Chase Methodist Church — 01489 893630

IT drop-in centres

You can use one of the library computers free for 2 hours per day. Printing, photocopying and scanning (charges apply) facilities are also available at most libraries. Here is a list of libraries which offer this service but you can go to www.southampton.gov.uk/libraries or call 023 8083 3007 for more information .

Central Library (Learning Centre)

Commercial Road, Southampton, SO14 7LW

Bitterne Library

Bitterne Road East, Southampton, SO18 5EG

Burgess Road Library

Burgess Road, Southampton, SO16 3HF

Cobbett Hub and Library

Cobbett Road, Southampton, SO18 1HL

Lordshill Library

Lordshill District Centre, Lordshill, Southampton, SO16 8HY

Millbrook Community Library

Pickles Coppice Children's Centre, Windermere Avenue, SO16 9QX

Portswood Library

Portswood Road, SO17 2NG

Shirley Library

Shirley Precinct, Shirley High Street SO15 5LL

Thornhill Community Library

328 Hinkler Road, Southampton, SO19 6DF

YMCA Weston Community Library

68 Weston Lane, Southampton, SO19 9GH

Woolston Library, Centenary Quay,

Victoria Road, Southampton, SO19 9EF

Other IT drop-in centres are available , some of them are listed below.

Freemantle Community Centre

Randolph Street, Freemantle, Southampton, SO15 3HE

Internet cafe with three Apple Macs that are available on a first come first served basis, Monday-Friday, 9am-4pm. Free Wifi access to anyone with a laptop. You may be asked to make a small donation towards the running costs for the Apple Macs.

For more information contact 02380 361570
or Freemantlecommunitycentre@gmail.com

Merryoak Computer Club

Merryoak Community Centre, Acacia Road, Merryoak, Southampton, SO19 7JY

Drop-in sessions. Monday and Thursday during term-time, 10am-12noon and 12.30-2.30pm. A small non-profit making fee is charged. Provide informal training, help with searching for job applications, completing online applications etc.

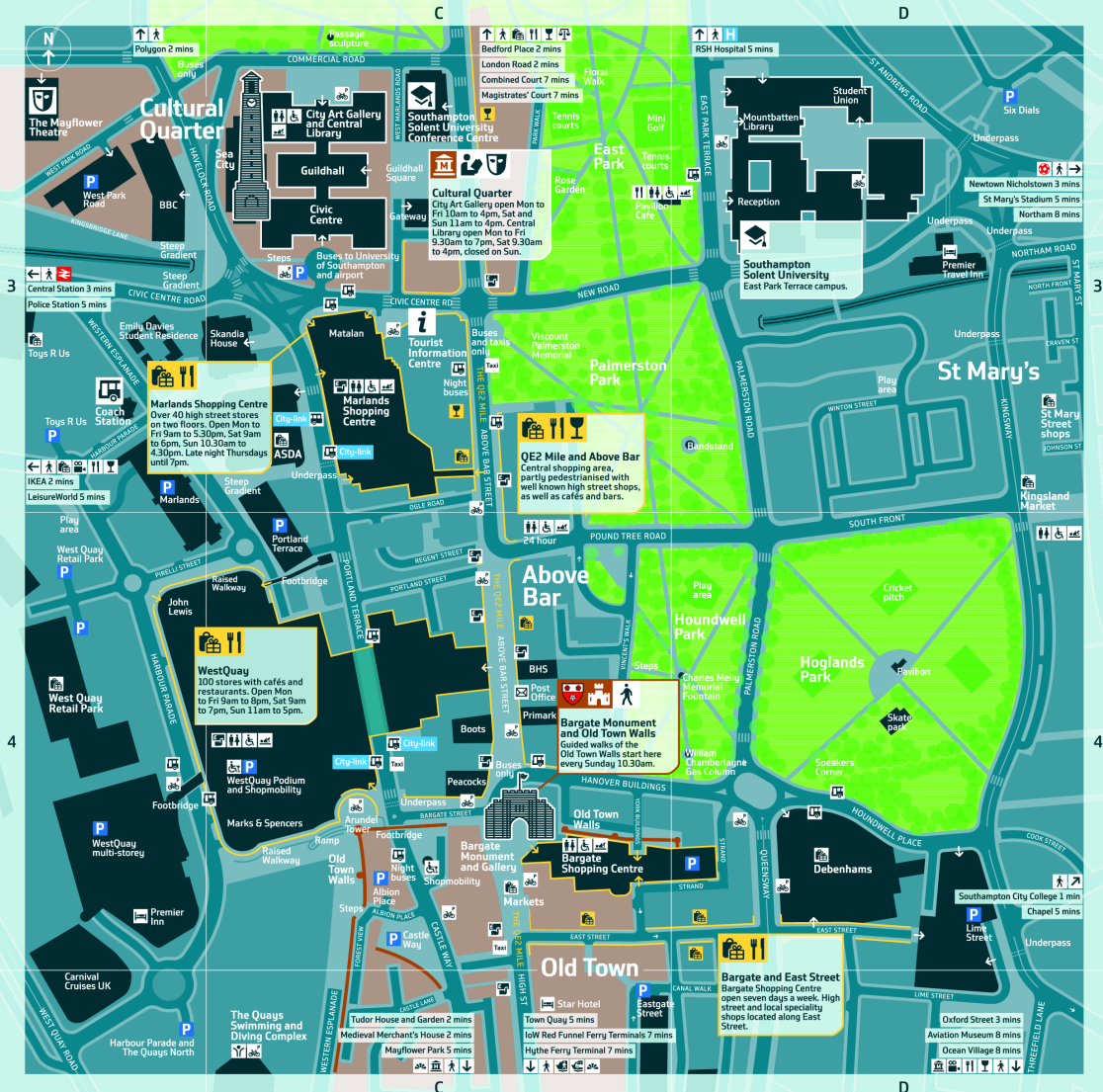
For more information contact the community centre on 02380 366013.

Swaythling Neighbourhood Centre

Hampton Park Way, Off Broadlands Road, Swaythling, Southampton, SO17 3AT

Volunteer run 1-2-1 IT sessions. Monday afternoon, 2-5pm in three, 1 hour pre-booked slots.

For more information contact 02380 672230 or snc4ever@hotmail.co.uk



Welcome to Southampton.

Whether you are here for business or pleasure, this map is designed to help you get around, find your destination and enjoy the culture, shops and nightlife of the City Centre. We hope you enjoy your visit.

Find out more

The Tourist Information Centre is located opposite the Civic Centre (C3) and provides a wide range of visitor information including advice and details on attractions, events, maps, guides and transport services throughout Southampton and the wider area. An accommodation booking service is also available.

Visit the Centre at 9 Civic Centre Road, opening hours are Monday to Saturday 9.30am to 5pm, Sundays and Bank Holidays 10am to 3.30pm.

You can call the Tourist Information Centre on 023 8083 3333 or visit their website www.visit-southampton.co.uk

For links to other Southampton websites and information about the city visit www.discoverouthampton.co.uk

Useful contacts

Blue Funnel Cruises
Central Library
City-link bus
First Travel Shop
Hythe Ferry
National Express
National Rail
Police
Red Funnel Ferries
Shopsability
City

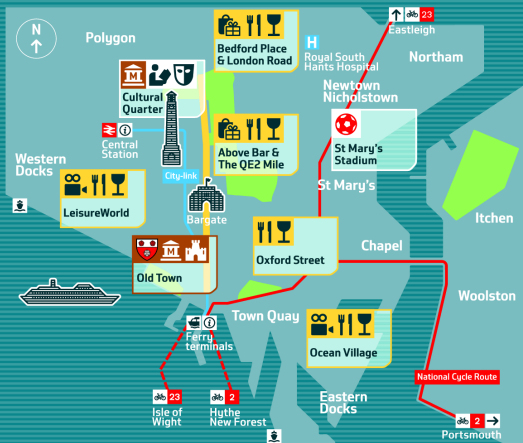
WestQuay
Solent Blue Line
Southampton Airport
Southampton City Council
Tourist Information
Traveline
Walking Tours
WestQuay

023 8022 3278
023 8083 2664
023 8059 5974
023 8022 4854
023 8054 0732
08717 81 81 81
08457 48 49 50
08450 45 45 45
0844 844 9988

023 8063 1263
023 8063 6100
023 8063 1823
0870 040 0009
023 8083 3000
023 8083 3333
0871 200 22 33
023 8083 3333
023 8023 6789

This map forms part of the Southampton Legible City active travel system.
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traveline
public transport info
0871 200 22 33





If you know of any service not mentioned in this
directory or any changes to the services within,
please e-mail changes to
office@abovebarchurch.org.uk