

# SOUTHAMPTON SERVICE DIRECTORY



## Introduction

Dear friends,

Having worked in the city for 27 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 organisations 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 We are aware that information can go out of date quickly, and the directory is certainly not exhaustive, so we will continue to update it and reprint it every so often.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](http://www.southamptonchristiannetwork.org.uk/servicedirectory)

Wishing you every blessing in your work in the city,

Billy Kennedy

Chair of Southampton Christian Network and Leader of New Community Church



All information in this document is as up to date as is possible using each organisations 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 e-mail changes to [action@abovebarchurch.org.uk](mailto:action@abovebarchurch.org.uk)

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## **Addiction / Alcoholism**

### **The Bridge**

*The Bridge provides Southampton with a welcoming 'one stop' entry point for advice on drug related issues. It offers support, assessment and treatment for people with drug use problems, with the aim of reducing harm to themselves and to the community.*

Tel: 02380 881 400

### **Alcoholics Anonymous**

Open meetings 1st and 3rd Monday of each month 8pm at the Stella Maris Seafarer Centre, 48 Bugle Rd SO14 2AH and Thursdays 7.30pm, Carey Hall, Shirley Baptist Church, SO15 5LG

## Transformed - 12 Step Program

*A Christian 12 steps to recovery group*

Email: noelmacnamee7@yahoo.co.uk Phone: 07939349630

## Street Scene

Charity that provides support and residential care for those with addiction problems

info@streetscene.org.uk Tel: 02380 205971

## MORPH

*Morph are a group of ex and on-going drug users committed to improving things for anyone still using drugs or trying to stop.*

Tel: 023 8021 6009 Email: morphin@southamptonvs.org.uk

## Advice

### Southampton Citizens Advice Bureau

Advice line = 02380 221406

Telephone 02380 223659 after 9.30am to arrange an appointment

### New Dawn Advice Centre

Help with filling in forms or reading your mail; Email and internet access is available in the office if you need it. Offer legal, & financial advice also.

Friday Mornings 10am – 12 noon, Carey Hall, Shirley Baptist Church, SO15 5LG

## Bereavement

### Cruse Bereavement

*Exists to promote the well-being of bereaved people*

Tel: 0844 879 3448 Email: southhampshire@cruse.org.uk

### Simon says

*Provides support to bereaved children*

Tel: 023 8064 7550 Email: info@simonsays.org.uk

## Counselling

### Central Counselling and Training Service

*A professional Christian counselling service that operates to support those with emotional needs within the city.*

Tel: 023 8038 5247 E-mail: [info@ccts-southampton.org](mailto:info@ccts-southampton.org)

Web: [www.ccts-southampton.org](http://www.ccts-southampton.org)

### The Harbour

*A community counselling service for anyone who would benefit from counselling*

Tel: 023 8068 2000 E-mail: [secretary@harbourcounselling.org](mailto:secretary@harbourcounselling.org)

### Life Changes

Community counselling service

Tel: 023 8040 5569 Web: [www.lifechangescounselling.org.uk](http://www.lifechangescounselling.org.uk)

### Options

*A community counselling service that also provides training and consultancy, also run services to support those with **gambling** addiction and aid their recovery.*

Tel: 023 8063 0219 Web: [www.optionscounselling.co.uk](http://www.optionscounselling.co.uk)

### Pneuma Life Centre

*Offers mentoring, counselling and psycho therapy at affordable prices*

Web: [www.pneumalifecentre.webs.com](http://www.pneumalifecentre.webs.com)

Email: [pneumalifecounselling@yahoo.co.uk](mailto:pneumalifecounselling@yahoo.co.uk)

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## Debt / Finance

### CAP—(Christians Against Poverty)

*A centre that provides support and guidance through times of debt and financial difficulty (will do home visits)*

Tel: 0800 328 0006 (for appointments / advice)

### Just Money Centre

*Provides support and guidance through times of debt and financial difficulty*

Thornhill - 07806 264020

## Swaythling Frontline

Free debt advice, free welfare benefit advice

Tel: 02380 552866, 07977 175949 email:

swaythling@frontlinedebtadvice.org.uk www.frontlinedebtadvice.org.uk

## Solent Credit Union

*A secure place to save and get low interest loans without credit checks.*

Tel: 023 8178 8007 E-mail: solentcreditunion@phoncoop.coop

Web: www.solentcreditunion.co.uk

## Budget Coaching at Above Bar Church

*Support in budgeting and managing money to prevent debt and help saving.*

Tel: 023 8022 8275 Email: office@abovebarchurch.org.uk

## Domestic Violence

### Women's Aid—24 Hour helpline

*The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.*

Tel: 0808 2000 247

### Southampton Domestic Violence Forum

*SDVF is made up of over 60 representatives from organisations that work in the Southampton area and work together to end domestic violence. We work to increase people's safety by reducing their risks and providing an advocacy service as well as outreach support and advice to those experiencing domestic violence. Our public awareness and prevention work is targeted at all communities including children, survivors, perpetrators and other professionals.*

Tel: 023 8083 3988 E-mail: community.safety@southampton.gov.uk

## Ex-offenders

### Mentoring Solutions

Provides support and mentoring to ex-offenders

Tel: 023 8021 6005 E-mail: mentoringolutions@southamptonvs.org.uk

### Transformed Mentoring

*Provide mentoring and support for ex-offenders*

Email: noelmacnamee7@yahoo.co.uk Phone: 07939349630

## **Employment**

### **Big Issue**

Scheme which enables homeless or vulnerably housed individuals to earn an income through selling the magazine. Contact Cranberry Ave. day to get set up as a vendor.

Tel: 023 80223443

### **Job Centre Plus**

*Jobcentre Plus is a government agency supporting people of working age from welfare into work.*

St Cross House, 18 Bernard St Southampton, SO14 2HP Tel: 023 8071 3600

### **SAFE (Southampton Action For Employment)**

*A course that helps the long term unemployed gain confidence and work towards employment helping with health and social issues.*

Tel: 023 8070 2222 E-Mail: [choices@safe.org.uk](mailto:choices@safe.org.uk)

### **SARC**

Offers advice and representation in employment and welfare benefits.

Tel: 023 8043 1435 Email: [admin@sarc.org.uk](mailto:admin@sarc.org.uk)

### **Wheatsheaf Trust**

*We support disadvantaged people in fulfilling their potential and finding ways to play a greater part in society and the economy*

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

Tel: 023 8023 7651

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## **Elderly needs / general support**

### **Age Concern**

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

Tel: 023 8036 3636

### **Communicare**

Provides practical and emotional support to needy people in Shirley and neighbouring areas. We 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](mailto:communicare@shirleybaptist.org)

*Continued...*

## GEM dementia support group (Hedge End)

*A support group for those suffering with dementia, provides support and friendship.*

Tel: 01489 784333 Email: [kcc@kcc.uk.net](mailto:kcc@kcc.uk.net)

## **Families / Relationships**

### Family Projects

*Support families in need* Tel: 023 8021 6060

### Southampton Community Family Trust

*Provides a local focus for relationship building and support*

Tel: 023 8021 6003 Email: [info@scft.org.uk](mailto:info@scft.org.uk)

### Relate Solent

*Offer relationship counselling sessions between 9.30 am and 9 pm*

Tel: 023 8022 9761 Web: [www.relatesolent.org.uk](http://www.relatesolent.org.uk)

## **Food / Essentials**

### Basics Bank

*This is a service that provides food packages and clothing to support those who have none. (This is by referral only, claimants must present a valid voucher)*

Tel: 07929 641755 (only answered Mon, Wed & Thur 10-3)

Food Venues: Mon - Above Bar Church, Wed - Bitterne Triangle, Thur - Swaythling Methodist. Clothing: Mon - Central Hall

### Big Breakfast

*For "Big Issue" sellers or people who have problems with accommodation*

10am-11:30am every Thursday at Above bar Church Tel: 023 8022 8275

### Community Cafe

*Free cooked food and drink anyone welcome.*

Sunday 5-6pm at Central Hall, SO14 1NF

### Victory highway Ministries Soup Run

Monday evenings 8pm approx. at Charlotte Place

## Saturday Breakfast Clubs

9:00-11:00 free breakfast, in an open and welcoming environment

First Saturday of the month: Riverside Family Church, Northam

Third Saturday of the month: Portswood Church, Portswood

Fourth Saturday of the month: Central Baptist Church, Polygon

## SCRATCH

*For furniture and other essential practical support*

Tel: 023 8077 3132

## Sunday Lunch project

*Providing a free hot lunch each Sunday for those who need it*

Woolston— St Marks Institute Sundays 10-1.30

Freemantle— Freemantle URC Sundays 11.30—1.30

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## Gender Identity

### Chrysalis

*Provides support for those facing gender identity issues.*

Tel: 01489589111 Email: info@chrysalis-gii.co.uk

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## Health (physical)

### NHS Direct

*For telephone health advice and triage with NHS trained professionals*

Tel: 0845 4647

### 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.*

Tel: 023 8051 5222 Email: soc-pct.SouthamptonHealthTrainers@nhs.net

### Southampton Central Walk-in Centre

Fanshawe Wing, Royal South Hants Hospital, Graham

Road, Southampton, Hampshire, SO14 0YG Tel: 023 8071 6539

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## GUM Clinic (NHS)

*A specialist sexual health clinic who offer a free, confidential, supportive and non-judgemental service.*

Walk-in clinics Mon-Fri 9am - 12pm

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: 023 8021 6000

### Homeless Healthcare Team

*Direct access to healthcare for those on the streets. Tel: 023 8033 6991*

### Two Saint's Day centre (Cranbury Ave.)

*Day centre that provides; food, drink, showers access to the **Street homeless prevention team** and the **Homeless Healthcare Team**.*

Mon - Thurs 8.45 - 16.45 Fri - 8.45-13.45 30 Cranbury Ave. SO14 0LT

### Southampton City Council Homelessness Team

Tel: 023 8083 2327

### H2O @ The Booth Centre

*On a daily basis people can get hot meals, showers, use laundry facilities and seek advice and guidance on areas such as benefits, housing, training and job search.*

Open: Mon-Wed & Fri: 8.30am-3.30pm, Thurs 8.30am-1pm

Location: 57 Oxford Street SO14 3DL Tel: 02380 33 0797

### Intouch Support

Provide support with housing for homeless, older or disabled individuals.

Tel: 023 8083 6824

## Victory Highways Ministry Pit-stop day centre

Thursdays 10am - 2.30pm ) in Northam community centre (Peel st entrance) providing breakfast, lunch, help and support to those in need. Contact 023 8055 1300 or [admin@victory.uk.net](mailto:admin@victory.uk.net) for more info.

## 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.

Phone: 07826 820 517 Email: [info@mustardsupportedlodgings.org.uk](mailto:info@mustardsupportedlodgings.org.uk)

## Winchester Churches Nightshelter

*Direct Access hostel*

*Jewry St, Winchester, SO23 8RZ Tel: 01962 862 050*

## **HIV**

### The Groundswell Trust

*Groundswell is an outreach service providing practical and emotional support for those living with and affected by HIV.*

Tel: 023 8063 1651 or email [info@groundswelltrust.org](mailto:info@groundswelltrust.org)  
[www.groundswelltrust.org](http://www.groundswelltrust.org)

## **Learning disabilities**

### Choices advocacy

*For people with learning difficulties in Southampton and South West Hampshire we can: Listen to you and help you have your say, Help ensure people listen to you, Help you to change things at home, school, college, work or at your day-centre. Help you to understand things such as: Your rights, Complaints, Who you need to talk to, to sort things out.*

Tel: 023 8033 7735

### Southampton Mencap

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

187a Portswood Road, Southampton, SO17 2NF

Tel: 023 8058 4088

E-mail: [admin@southamptonmencap.co.uk](mailto:admin@southamptonmencap.co.uk)

## **Mental Health / Emotional Well-being**

### **Samaritans**

Tel: 08457 90 90 90

### **Solent Mind**

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

Tel: 023 8033 4977 54 Henstead Rd, Southampton, SO15 2DD

### **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: 023 80558234

## **Pregnancy (unexpected/ unwanted)**

### **Life**

*Provide 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)*

*Mon 9.30-14.30, Tues 9.30-16.00, Wed 9.30-14.30, Thur—Closed, Fri 9.30-14.30*

*Also 'drop -in session 107 Firgrove Rd, Freemantle, Southampton, SO15 3ET, Tel: 023 8078 3134*

## **Refugees**

### **CLEAR**

*CLEAR works to improve the education, employability and quality of life of refugees in Southampton.*

*Open Tuesday, Thursday and Friday 9.30—4.30*

*11 Queensway Southampton SO14 3BL Tel: 023 8022 1111*

### **EU Welcome**

*EU Welcome exists to provide help and support to migrants in the Southampton area from EU and other European countries.*

*Tel: 07786392886 Email: euwelcome@yahoo.co.uk*

## **Sex Worker Support**

### **The Gate**

*Christian outreach and support for women in prostitution*

E-mail: [gateoutreach@googlemail.com](mailto:gateoutreach@googlemail.com) Tel: 07518032245

### **Bridging the Gap**

*Mentoring service for women involved in the sex industry or who need emotional support.* Tel: 023 8023 7700 E-mail: [info@btgmotivation.org](mailto:info@btgmotivation.org)

### **Beyond the streets**

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

Tel: 0845 0044231 Email: [office@beyondthestreets.org.uk](mailto:office@beyondthestreets.org.uk)

## **Sexual Abuse**

### **SRC (Southampton Rape Crisis)**

*Southampton Rape Crisis provides a range of advice, information and counselling services for males and females age 12 and over in relation to any unwanted sexual experience*

The telephone helpline :Sunday from 7 pm – 10 pm, Tuesday from 10 am – 1 pm and Thursday from 1 pm – 4 pm. Tel: 023 8063 6313

## **Training / development**

### **E-QUIP Community Arts Project**

E-QUIP sets out to provide opportunities for people who otherwise may not get the chance to explore their creativity and learn skills that can equip them for their future. We seek to use the performing arts to raise self esteem and build confidence in individuals and our goal is to enable grounded birds to fly.

Phone: 0845 519 4026 Email: [neil@e-quiparts.org.uk](mailto:neil@e-quiparts.org.uk)

Website: [www.e-quiparts.org.uk](http://www.e-quiparts.org.uk)

## **Women's Support**

### **Women's Drop-in**

*The women's drop-in offers friendship, chat, coffee, prayer and lunch*

The Old Chemist, Bitterne Park Triangle on Mondays from 10 am-2pm

Email: [sandy.henson@btinternet.com](mailto:sandy.henson@btinternet.com)

## **Youth / Children**

### **No Limits**

*Youth support and advice service.*

24a Bernard Street, Southampton, SO14 3AY Tel: 023 8022 4224

### **Catch 22**

Help young people develop the confidence and skills to find solutions that are right for them- whether it's 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

Tel: 023 8038 6712 Web: <http://www.catch-22.org.uk/>

### **Children and Young People's Information Service (CYPIS)**

Provides information and signposting on all issues from pregnancy through to 19 year olds

Tel: 0800 169 8833

E-mail: [cypis@southampton.gov.uk](mailto:cypis@southampton.gov.uk)

Web: [www.youngsouthampton.org](http://www.youngsouthampton.org)

### **Sure Start**

Children's centres provide a variety of advice and support for parents and carers. Their services are available to you from pregnancy right through to when your child goes into reception class at primary school. They offer support with; access to health services, advice and information, support for parenting and training opportunities / support to get people into work.

For details of your local centre contact CYPIS on—08001698833

### **Youth Options**

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

Tel: 01794 525510 Web: [www.youthoptions.co.uk](http://www.youthoptions.co.uk)

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## **Other**

### **Southampton City Council gateway**

*Visit gateway about any council services, tax or parking issues.*

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

### **Police**

*General enquiries switchboard*

Tel: 01962 841 534

## Churches Directory

Above Bar Church - 023 8022 8275  
Ascension Centre, Bitterne Park - 023 8055 9074  
Avenue St Andrews URC - 023 8067 8787  
Bitterne Local Ecumenical Partnership - 023 8044 6488  
Bridge Christian Fellowship - 023 8022 5463  
Central Baptist Church - 023 8022 5473  
Christ Church Freemantle - 023 8022 6663  
City Life Church - 023 8023 4000  
Elim Christian Centre - 023 8036 3731  
Emmanuel Church Shirley Rd—02380390086  
Exilio Church - 023 8033 3747  
Highfield Church - 023 8055 8234  
Holy Trinity Weston - 023 8044 8421  
James Street Church - 023 8023 2090  
King's Church - 023 8078 5414  
King's Community Church - 01489 784 333  
Life Church Southampton - 023 8063 7799  
Lighthouse International Christian Church - 023 8043 5455  
Lord's Hill Ecumenical Partnership - 023 8073 2072  
MercyVineyard Southampton - 023 80463516  
Millbrook Christian Centre - 023 8039 9894  
New Community Central - 023 8023 7700  
New Community Eastligh - 023 8023 7700  
New Community West End - 023 8023 7700  
Orchard Lane Church - 023 8083 7330  
Portswood Church - 023 8039 9658  
Restoration Christian Church - 023 8036 1192  
Riverside Family Church - 023 8022 0256  
Shirley Baptist Church - 023 8039 9949  
Shirley Parish Church - 023 8077 1755  
Shirley Warren Action Church—023 80787930  
Sholing Baptist Church—02380398340  
Southampton International Evangelical Church - 07932 664651  
Southampton Vineyard - 023 8033 5500  
St Boniface and St Johns - 023 8073 8293  
St Marks Church Archers Rd - 023 8063 6425  
St Mary's Church - 023 8033 0851  
St Thomas' Church Fair Oak - 023 8069 5786  
Swaythling Baptist Church - ministerswaythling@gmail.com  
Testwood Baptist Church - 023 8086 0320  
Thornhill Baptist Church - 023 8046 4121  
Torch Trust Fellowship - 023 8055 4769  
Victory Gospel Church - 023 8073 1608  
Waltham Chase Methodist Church - 01489 893630



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