

Community First HEH

Area covered: All of SEH CCG area

Community First HEH provides advice, support and services to communities across East Hampshire, Havant and beyond. We enable voluntary and community organisations to thrive providing support and delivering services which promote well being and prosperity. We aim to make life better for those we serve and work with.

WHO ARE OUR SERVICES FOR

The V Team project gives extra support to people who wish to volunteer who have been unemployed, who confidence or have mental health issues. The aim is to get the clients into volunteering roles within the community and offer group volunteering experiences. The V Team meets twice a month to act as a support group for people looking to volunteer. The project helps people to learn new skills, gain confidence, meet other people and put something back into their local community

- Shopmobility project supports people with short term and long term mobility problems and the disabled. Equipment can be hired from central locations to support independent living. Longer term hire of equipment is also available for those going on holiday or needing support at home.
- Lunch Clubs we run one at Hewitts@Emsworth, South Street, Emsworth and one at the Jubilee Centre, Mill Rd, Waterlooville. These clubs provide an opportunity for participants to have a two course meal and to socialise with friends.
- Anger Management Courses- This service for young people dealing with all aspects of anger issues in years 6-13.
- LGBT Project- Working with young people, local schools and anyone else interested in setting up and developing a support group for Lesbian, Gay, Bisexual or Transgender young people aged 13-19 in East Hampshire.
- Transport- In the Borough of Havant we run a fleet of fully accessible buses for clubs and groups, and a Call & Go accessible service for those with disabilities who are unable to access public transport.
- Older Peoples Services- We hold complete Directories or all services and activities available to older people across Havant and East Hampshire, and regular Being Independent In Later Life (BILL) Roadshows.

WHO CAN REFER TO OUR SERVICE

Self referral; GPs and Health Care Providers; Community Provider

WE ARE OPEN

Monday to Friday	9am - 5pm Community First represents community groups that provide a range of different operating hours.
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	OUR CONTACT DETAILS:	THE BEST WAY TO CONTACT US IS BY:
Phone	0300 500 8085	Phone
Email	admin@cfheh.org.uk	Email
Website	www.cfheh.org.uk	Website
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