

**FISH – Family Information and Services Hub**

There is a wealth of information and resources on this Hampshire website.

<https://fish.hants.gov.uk/kb5/hampshire/directory/home.page>

**Hampshire Gateway Card:**

The Gateway Card and Gateway Card+ are free cards for children and young people between the ages of 0-17 years who live in the Hampshire County Council area.

If you are a parent of a child or young person who needs additional support to attend community activities, playschemes or leisure activities, you can apply for either card.

[Leisure and Play - Hampshire Gateway | Family Information and Services Hub \(hants.gov.uk\)](#)

**Community Buddy:**

Community buddies enable children and young people with a disability to access the community or support them to take part in activities or groups of their choosing within the local community.

[Community buddies | Children and Families | Hampshire County Council \(hants.gov.uk\)](#)

**Hampshire SENDIASS**

Hampshire SENDIASS is an impartial Special Educational Needs and Disability Information, Advice and Support Service (SENDIASS)

Information, advice and support is available for parents of children and young people from birth to 25 years and children and young people themselves.

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

**Short Breaks:**

Please find below the link to the short break activity site for you to explore:

[Short breaks | Children and Families | Hampshire County Council \(hants.gov.uk\)](#)

This site will provide you with information about groups and activities to access during summer holidays and weekends across Hampshire.



**HAMPSHIRE  
PARENT CARER  
NETWORK**  
enabling voices to be heard

## **Hampshire Parent Network**

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

Hampshire Parent Carer Network (HPCN) is an organisation working throughout the county. We believe in an inclusive society where everyone shares the same opportunities. Our members are parent carers of children and young people with additional needs aged 0-25 years, associated professionals, and affiliated groups.



## **Basingstoke Young Carers**

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

Basingstoke & District Young Carers are a registered Charity Incorporated Organisation (CIO) set up to support young carers aged 8 to 18 who live within the Basingstoke & Deane District. Our support reaches to the families and siblings of the young carers.

## **Advocacy**

<https://hampshireadvocacy.org.uk/about-us/>

The hub is a partnership of community based, independent organisations that have been providing county wide statutory and non statutory advocacy in Hampshire since the 1990s.



## Community Opportunities

### Swings and Smiles:

They provide weekend support and holiday support. They also have sibling support.

[Our sessions | Swings & Smiles \(swingsandsmiles.co.uk\)](http://swingsandsmiles.co.uk)

[Download.ashx \(swingsandsmiles.co.uk\)](http://swingsandsmiles.co.uk)



### Disability Challengers:

Challengers provide holiday support and some after school/weekend support

[Challengers Home - Challengers \(disability-challengers.org\)](http://disability-challengers.org)



### Rose Road Saturday Day Club:

[https://www.roseroad.org.uk/our\\_services/activity\\_and\\_playschemes/](https://www.roseroad.org.uk/our_services/activity_and_playschemes/)

This is a Southampton based charity. To be able to access the scheme you will need to have a Gateway+ card. The session runs from 10am until 3pm.



### Radar Key

These can be bought from the local authority or a range of retailers. See example below.

[https://www.amazon.co.uk/Blue-Badge-Radar-Disabled-Toilets/dp/B004XCEUUM/ref=sr\\_1\\_8?keywords=radar+key+for+disabled+toilets+uk&qid=1700576997&sr=8-8](https://www.amazon.co.uk/Blue-Badge-Radar-Disabled-Toilets/dp/B004XCEUUM/ref=sr_1_8?keywords=radar+key+for+disabled+toilets+uk&qid=1700576997&sr=8-8)



## **Local Services**

Dentist – Bramley Grange

<https://www.nhs.uk/services/dentist/bramblys-grange-health-centre/V008819>

Hairdresser

The Strand – Brighton Hill

[https://booksy.com/en-gb/100661\\_the-strand\\_barber\\_818264\\_basingstoke](https://booksy.com/en-gb/100661_the-strand_barber_818264_basingstoke)

Hair at Home – Basingstoke

**MENCAP**

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



We help people with learning disabilities to lead better lives through leisure, social activities and meaningful occupation. By offering a safe, fun and caring environment, we encourage our learning-disabled community to have a voice, keep active and achieve greater independence.

[https://basingstokemencap.org.uk/?\\_ga=2.11776114.791953682.1700577230-1978364805.1700577230](https://basingstokemencap.org.uk/?_ga=2.11776114.791953682.1700577230-1978364805.1700577230)

## **Basingstoke GAP Club**

A youth club for young adults. Have fun going out and about for activities such as bowling, crazy golf and eating out. If you want to try new things, challenge yourself and meet new people this could be the club for you!

<https://fish.hants.gov.uk/kb5/hampshire/directory/service.page?id=j5IKzOCJv1Q&familychannel=6-6>

## **Festival Place**

<https://www.festivalplace.co.uk/visitor-information/customer-services/customer-service-lounge>

Festival Place offer relaxed shopping periods where the music is turned off. These are on Wednesday 4-7 and Saturday mornings.

In the customer service lounge opposite Starbucks offer a range of support. Including –

Sunflower Lanyards for yourselves or your young people.

RADAR Keys They stock and sell RADAR keys for our disabled toilets.

Calm Corner is a small quiet zone within the customer lounge. This is a quiet space to use at any time for some time out including sensory toys.

## **The Discovery Centre**

<https://www.hants.gov.uk/librariesandarchives/library/libraryfinder/basingstoke-discovery-centre>

The discovery centre has a full disabled changing facilities as well as being a library!





### **Supermarket 'Quiet' Hours**

Most supermarkets now offer quieter shopping periods. Please see link below.

<https://www.autism-unlimited.org/blog/supermarket-quiet-hours/#:~:text=Morrisons'%20'Quieter%20Hour'%20takes,nois%20associated%20with%20supermarket%20shopping.>

### **Continence Support**

<https://www.southernhealth.nhs.uk/our-services/a-z-list-of-services/continence>

School offer a continence support service.

<https://limingtonhouseschool.co.uk/>

### **Specific Diagnosis Support Groups**

Autism Trust

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

National Autistic Society

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

Scope

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

Stepping Stones

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

Amber Trust

<https://ambertrust.org/>



## Leisure Time



### **Atmosphere – SEN sessions**

<https://activenation.org.uk/venues/atmosphere/timetable/>

Our All Inclusive sessions are specifically designed to let jumpers with disabilities or additional needs enjoy Atmosphere to the full. We are happy to turn down the music volume and pause the disco lights during this session.

These sessions are strictly for visitors with disabilities and additional needs, however, siblings and well behaved carers are welcome to join! The session is open to all ages.

Every Tuesday 5pm – 6pm

Additional School Holiday Session Tuesday 9-10am

### **Swimming:**

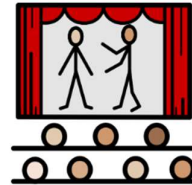
Aquadrome: Parents get free swimming for a year as a carer with yellow card.

### **Theatre:**

Anvil Theatre -

The Anvi theatre offer relaxed performances

<https://www.anvilarts.org.uk/visit-us/access/accessible-performances#:~:text=A%20relaxed%20performance%20means%3A&text=There%20will%20be%20a%20Q,uiet,will%20be%20gentler%20in%20tone>



### **Cinema – relaxed screenings**

Autism Friendly screenings

We host autism friendly screenings on the last Sunday of every month at all sites except West End. These autism friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in autism friendly cinema.

CEA carer cards

Vue are delighted to be part of the national CEA card scheme, which is accepted at all of our UK venues. The CEA card will allow you to book tickets online, in person at the venue or by calling the booking line to get your carer a ticket for free. For further information regarding the CEA card scheme, please visit the [CEA website](#).

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

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

### **Flipout – SEN sessions**

SEND Sessions on Saturdays

<https://www.flipout.co.uk/locations/basingstoke/prices>

### **Wet Wheels – Hamble**

<https://wetwheelsfoundation.org/locations/hamble/>



The Wetwheels experience is designed to enable every disabled person the chance to experience the excitement of power boating. Wetwheels boats are truly unique by being fully accessible- not just giving you the chance to be a passenger, but also to take the helm as the skipper – everybody gets the chance to drive.

### **Family Fund Charity**

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

Families raising disabled or seriously ill children can ease some of the day to day pressures by applying for a wide range of grant items.



### **Disability Swimming**

Paid lessons with Shark Squad at the Aquadrome. Contact

[tony.bamberger@hotmail.co.uk](mailto:tony.bamberger@hotmail.co.uk)

<https://www.bbfsc.org/disability>



### **Dance Lessons**

Collective Motion Dance

Collective Motion Dance provides high quality dance classes for children and adults in Alton & Basingstoke, Hampshire. Classes focus on using dance as a tool to build creativity, confidence and foster a sense of community, while promoting physical and mental well-being.

Contact -

[www.collectivemotiondance.com](http://www.collectivemotiondance.com)

[louisa@collectivemotiondance.com](mailto:louisa@collectivemotiondance.com)

