



**Family Support Groups  
Specialist Groups for Parents & Children  
Support Groups**

**Basingstoke & Deane Area**

**Visit Hampshire Healthy Families for more local & county information  
including free workshops and local activities:  
<http://www.hampshirehealthyfamilies.org.uk/>**

## **Areas:**

[Brighton Hill](#)  
[Chineham](#)  
[Hatch Warren](#)  
[Kingsclere](#)  
[Oakridge](#)  
[Overton](#)  
[Popley](#)  
[Rooksdown](#)  
[Sherfield-On-Loddon](#)  
[South Ham](#)  
[Tadley](#)  
[Virtual Groups](#)

## **Useful Websites:**

Families Online

<https://www.familiesonline.co.uk/local/south-west-hampshire/clubs-and-classes/baby-toddler>

Hampshire County Council Family Information Services Hub

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

Mumsnet

<https://www.mumsnet.com>

Netmums

<https://www.netmums.com>

Parent Voice – Additional needs groups

[http://www.parentvoice.info/en/Find a Support Group](http://www.parentvoice.info/en/Find_a_Support_Group)

Food Banks	
Basingstoke	
<p><b><u>Basingstoke Foodbank</u></b></p> <p><b>Open</b></p> <p><b>Venue:</b> 63-64 Tempus Business Centre, Kingsclere Road, Houndmills, Basingstoke, RG21 6XG</p> <p><b>Website:</b> <a href="http://www.basingstoke.foodbank.org.uk/">http://www.basingstoke.foodbank.org.uk/</a>  <b>Facebook:</b> <a href="https://www.facebook.com/basingstokefoodbank/">https://www.facebook.com/basingstokefoodbank/</a></p> <p><b>Tel No:</b> 07722 673645  <b>Contact:</b> <a href="mailto:admin@basingstoke.foodbank.org.uk">admin@basingstoke.foodbank.org.uk</a></p>	<p><b>Day/s:</b> Monday to Friday</p> <p><b>Time:</b> 10.00am to 3pm</p> <p><b>Cost:</b> Free</p>
Alton	
<p><b><u>Alton Foodbank</u></b></p> <p><b>Open</b></p> <p><b>Venue:</b> Alton Food Bank, 15 Market Square, Alton, Hampshire, GU34 1HD</p> <p><b>Website:</b> <a href="http://alton.foodbank.org.uk">http://alton.foodbank.org.uk</a></p> <p><b>Tel No:</b> 07773 034447  <b>Contact:</b> <a href="mailto:info@alton.foodbank.org.uk">info@alton.foodbank.org.uk</a></p>	<p><b>Day/s:</b> Wednesday and Saturday</p> <p><b>Time:</b> Wed: 12.30pm to 2pm Sat: 10.30am to 12pm</p> <p><b>Cost:</b> Free</p>
Andover	
<p><b><u>Andover Foodbank</u></b></p> <p><b>Open</b></p> <p><b>Venue:</b> St John the Baptist RC Church, Alexandra Road, Andover, Hampshire, SP10 3AD</p> <p><b>Website:</b> <a href="https://andover.foodbank.org.uk/">https://andover.foodbank.org.uk/</a></p> <p><b>Tel No:</b> 01264 362111  <b>Contact:</b> <a href="mailto:office@andoverfoodbank.org.uk">office@andoverfoodbank.org.uk</a></p>	<p><b>Day/s:</b> Monday to Friday</p> <p><b>Time:</b> 9.30am to 12.30pm</p> <p><b>Cost:</b> Free</p>
Tadley	

<p><b><u>Basingstoke Foodbank</u></b></p> <p><b>Open</b></p> <p><b>Venue:</b> Clift Meadow Pavilion, Bramley, RG26 5BH</p> <p><b>Website:</b> <a href="http://www.basingstoke.foodbank.org.uk/">http://www.basingstoke.foodbank.org.uk/</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/basingstokefoodbank">https://www.facebook.com/basingstokefoodbank</a></p> <p><b>Tel No:</b> 07722 673645</p> <p><b>Contact:</b> <a href="mailto:admin@basingstoke.foodbank.org.uk">admin@basingstoke.foodbank.org.uk</a></p>	<p><b>Day/s:</b> Monday to Friday</p> <p><b>Time:</b> 10:00am – 3pm</p> <p><b>Cost:</b> Free</p>
<p><b>Support</b> (clothes, equipment and more)</p>	
<p><b>Basingstoke &amp; Deane</b></p>	
<p><b><u>The Camrose Centre</u></b></p> <p><b>Open</b> Drop in Service</p> <p>The Camrose Centre is a drop-in service dedicated to providing support and assistance to the homeless, vulnerably housed and socially isolated in Basingstoke and Deane. Offers clients breakfast and a hot lunch in a safe welcoming environment, with basic washing facilities, and a variety of essential items including toiletries and towels, clothes and shoes, and rucksacks, tents and sleeping bags for our rough sleeping community.</p> <p><b>Venue:</b> The Camrose Centre, Glebe Hall, St. Michael's Church, Church Square, Basingstoke, RG21 7QW</p> <p><b>Website:</b> <a href="https://thecamrosecentre.org/">https://thecamrosecentre.org/</a></p> <p><b>Facebook:</b> <a href="https://www.facebook.com/camrosecentrebasingsstoke/">https://www.facebook.com/camrosecentrebasingsstoke/</a></p> <p><b>Tel No:</b> 01256 320877</p> <p><b>Contact:</b> <a href="mailto:info@thecamrosecentre.org">info@thecamrosecentre.org</a></p>	<p><b>Day/s:</b> Tuesdays, Thursdays &amp; Fridays</p> <p><b>Time:</b> 10am to 2pm</p> <p><b>Cost:</b> Free</p>
<p><b><u>Hampshire Mamas swaps and freebies</u></b></p> <p><b>Facebook</b></p> <p>From a Mama that is fed up of selling stuff for pennies, I have decided we can all be a bit more about giving!! Let's do our bit for one another!</p>	

This group has been created for you to put your things up for free for people to collect that really are in need.

**Facebook:** <https://www.facebook.com/groups/2526731927604533/>

### Basingstoke

#### **The Safe Basingstoke**

**Open**

Call or PM on Facebook

The Safe exists to support families, Parents and Parents to be in practical ways with Counselling, Playgroups, as well as providing clothes and equipment.

**Venue:** 18 Winchester Street, Basingstoke, RG21 7DY

**Website:** <http://www.the-safe.org.uk>

**Facebook:** <https://www.facebook.com/The-Safe-Basingstoke-965374013662376>

**Tel No:** 01256460100 or 07973738861

**Contact:** [enquiries@the-safe.org.uk](mailto:enquiries@the-safe.org.uk)

**Day/s:**

Delivery -  
Thursdays

**Time:**

-

**Cost:**

Free

#### **Spotlight**

**Open**

Call or PM on Facebook

We are the Covid 19 Support Group for Basingstoke and our aim is to help our community cope with the Coronavirus that is affecting everybody.

**Venue:** 7 Winchester Street, Basingstoke, RG21 7ED

**Website:** <http://www.spotlightuk.org/>

**Facebook:** <https://www.facebook.com/SpotlightUKCharity/>

**Tel No:** 01256 242330

**Contact:** [admin@spotlightuk.org](mailto:admin@spotlightuk.org)

#### **Freebay Basingstoke**

**Open**

Facebook Service

This is a freebay group for the Basingstoke area where u can put on items that you no longer need and wanna give away, or you can out things u wanna swap with people. Items are offered free for Own Personal Use

**Venue:** Basingstoke

**Facebook:** <https://www.facebook.com/groups/523022621078062/>

**Portsmouth**

**Baby Basics Portsmouth & Havant**

**Open**

**Venue:** Empower Centre, 83-87 Kingston Road, Portsmouth, PO2 7DX

**Website:** <https://baby-basics.org.uk/>

**Facebook:** <https://www.facebook.com/babybasicsportsmouth/>

**Tel No:** 0300 302 0090

**Contact:** [babybasics@family.church](mailto:babybasics@family.church)

**Day/s:**  
Monday to Friday

**Time:**  
9am – 5pm

**Cost:**  
N/A

**South Ham**

**Baby Branch Southampton Growbaby**

**Open**

**Venue:** New Community Network, Central Hall, St. Mary Street, Southampton, SO14 1NF

**Website:** <https://newcommunity.org.uk/baby-branch>

**Facebook:** <https://www.facebook.com/newcommunitysouthampton>

**Tel No:** 023 8023 7700

**Contact:** [central@newcommunity.org.uk](mailto:central@newcommunity.org.uk)

**Day/s:**  
Fridays

**Time:**  
10am – 1pm

**Cost:**  
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