

Friendly Lee

Welcome to Friendly Lee's Directory of organisations that offer events or activities, where you can meet up with people in our local community and make new friends, or follow your interests and hobbies.

Please contact the individual organisations listed for details of the timings of events and activities, as these are sometimes subject to change.

We hope this directory is useful to you and helps you to enjoy our lovely friendly Lee!

Community and Social Hubs

Lee-On-Solent Community Association: Often referred to as LOSCA, this association runs the local community centre and is a central point for various local activities and social events.

51 Twyford Drive, Lee-on-the-Solent, PO13 8JU

02392 552841

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

The Lee Hub Independent Community Library: This volunteer-run library hosts numerous regular events and clubs, such as a Book Group, Stitch & Yarn gatherings, Children's groups, a Veterans Social Club, and an Over 60s Social Club, providing a friendly environment to meet people with shared interests.

If you are over 18 years of age and have some spare time you can apply to become a volunteer at Lee Hub Library. Pick up a form or talk to one of the friendly volunteers.

14, High Street, Lee on Solent PO13 9BZ

02392551047

library@leehub.co.uk

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

Social Lee (on the Solent)... (Facebook Group): This is a positive and friendly local Facebook group where residents can connect, share news, and find information about local events and social activities.

Specific Interest Groups

Sports and Hobbies: The Gosport Borough Council and Discover Gosport websites list numerous sports clubs in the wider area, including the Lee on the Solent Bowling Club and the Daedalus Aviation & Heritage Group, which hold regular meetings and events.

Women4Women in Lee: A group under the umbrella of St Faith's Church, focused on building connections among women of all ages in the area to combat loneliness through various activities.

Lee-on-the-Solent Ladies 50+ (Facebook Group): A private local group for women over 50 looking to make new friends through shared activities like walks, coffee mornings, theatre nights, and more.

Online Platforms and Volunteering

Meetup: This platform features several social groups operating in or near Lee-on-the-Solent, such as "Solent Friends" and "New Forest Walking and Social Group," which organise various events and are excellent for meeting like-minded individuals.

Volunteering: Getting involved in local volunteering is a great way to meet people. Opportunities exist with organisations like the Diving Museum Age Concern Gosport, or the Lee Hub Independent Community Library.

You can also check local notice boards for additional groups and events in the area.

Laneway Coffee: Laneway Coffee is an independent Coffee shop. Specialising in Gluten Free & Dairy Free food & cakes.

Friendly atmosphere, pop in for a coffee, tea and cake and meet new friends.

Friendship café events each month, a friendly meet up aimed at anyone on their own looking for company, to meet new people and potentially make new friends. With a hot drink and a cake, of course! 3.45 to 5pm. Please phone to introduce yourself and make a booking.

77 High Street, Lee-on-the-Solent

023 9217 7450

info@laneway.coffee

St. Faith's Church, Cuppa and Company: A weekly gathering for people who have experienced loss or change, and who would like to spend some time with others. 2-3pm each Thursday, in the Bulson Hall of St Faith's Parish Centre.

There is no charge for Cuppa and Company, and anyone is welcome to our informal and friendly gathering. If you would like to come along, feel free to simply turn up, or to call Sue or Cliff, whose contact details are below, first.

If you would like to be collected on the minibus, do call Sue or Cliff to discuss this with them. There is no charge for the minibus, but we do invite people to make a contribution to help with the fuel costs. Please note that Cuppa and Company does not meet in the school holidays. If you would like to check whether Cuppa and Company is meeting, please contact Cliff or Sue. For more information about Cuppa and Company, please contact:

Cliff Rook 023 9255 1300 or Sue Castle 023 9255 3593

Knit and Natter: Meet on Fridays 2-4pm in the Lowry Room in St Faith's Parish Centre. Usually 8 to 12 people turn up each week –

For more information, please call Anne Earl on 023 9255 1687.

Mothers' Union: St Faith's Mothers' Union usually meets on the first Thursday of the month, 2.15-4.30pm, in the Lowry Room in St Faith's Parish Centre. For more information about St Faith's MU branch, please contact Sue Hamilton on 01329 663481.

Gosport Leisure Centre: Gosport's Leisure Centre runs a wide range of classes, to suit every fitness level.

Joining a class is an excellent way of meeting people and making new friends.

www.placesleisure.org

Lee on the Solent Voluntary Care Group: To request transport for hospital appointments please contact:

07807 267630.

Sunshine Singing Group: Second Wednesday of every month, at Solent Social Club, 66, High Street PO13 9BZ

Come along and have some fun singing with friends. Free, no music to learn, no words to learn!

No need to book, just come along.

Andy's Man Club: Andy's Man Club has over 200 free support groups nationwide, running every Monday from 7pm except Bank Holidays. Over 4,500 men use the sessions each week with 1600+ volunteers supporting.

Any man is welcome to join any Monday evening session. They last from 7-9pm and provide a safe space for men to talk and open up about their experiences in a room free of judgement.

The groups are for any men who have either been through a storm, are currently going through a storm, have a storm brewing, or just want to meet a good group of people with the aim of improving one another.

There's no referral, no registration and no charge. Even the brew and biscuits are free.

Gosport Locations:

1 Spring Garden Ln, Gosport, Hampshire England, PO12 1YH
Gosport West Scout Hut Phoenix Way Gosport PO13 0BE

andysmanclub.co.uk

Women's Institute: Morning Tide WI meets monthly at Lee-on-the-Solent Methodist Church Hall as part of Hampshire & National WI providing a meeting point for women members of all ages. 10 monthly speakers are invited to talk on educational subjects or activities. We also have groups meeting elsewhere, i.e. choir; A Capella singing; ukulele; knitting, crochet & reading. We raise funds for nominated local charities.

07773038941

morningtidetreas@hampshirewi.org.uk

Solent Evening WI is part of the National Organisation. We are a voluntary organisation for women in the UK providing educational opportunities and the chance to build new skills, to take part in a wide variety of activities, to form lasting friendships and to campaign on issues that matter to themselves and their communities.

01329 483503

iainandsandie@hotmail.co.uk

Contact Details for main administration:

WI House, 22-24 Southampton Road, SO50 9XB
0238 061 6712

Lee Methodist Church

Coffee Mornings: The Church is a popular venue for taking a break from shopping, meeting friends or making new ones. Our coffee mornings are held each Thursday from 10.00 – 12 noon and each Saturday morning from 10.15 – 11.45 where a warm welcome awaits all who enjoy a happy friendly atmosphere.

Other Activities: Many groups use the Church premises during the course of the week, they include: Brownies, Guides, Keep Fit, Lacemakers, Lee Art, Ocean Waves Square dancing, Inner Wheel Club, plus many more.

Check out activities from posters in the church foyer and local shops and cafes.

Gosport Men's Shed: Gosport Men's shed has been established because many older men find that retirement takes away most of our friends and our sense of purpose, leaving men vulnerable to physical illness and depression. The Gosport Shed provides a new network of friends and a renewed sense of purpose.

St. Vincent's College, Mill Lane, Gosport, PO12 4QA

enquiry@thegosportshed.org

02392341061 or 07852452664

Menopause Together Gosport: Meetings first Saturday of the month at Stoke Rd. Methodist Church, 10am to 12pm

Join their Facebook group for further information.

menopausetogether@gmail.com

Women who PLNGE: Cold water swimming, every Sunday 8am, in front of "On the Water" restaurant Lee on Solent

For further information see their Facebook page.

Men who PLNGE: Cold water swimming, every Sunday 8am, Lee Beach, in front of "On the water" restaurant.

For further information see their Facebook page.

When you need urgent help:

The Samaritans - 116 123 and

<https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/> Free confidential phone and chat helpline available 24 hours a day, 365 days a year

CALM (Campaign Against Living Miserably) - 0800 58 58 58 and

<https://www.thecalmzone.net/suicide-prevention-helpline> if you are down, or have hit a wall for any reason, and need to talk or find information and support. Chat and phone helplines are open 365 days a year, 5pm to midnight

SHOUT - FREE Crisis Text Line <https://giveusashout.org/get-help/> Struggling to cope? Text HANTS to 85258, 24 hours a day

NHS - 111 and <https://111.nhs.uk/> if you need help for a mental health emergency, crisis or breakdown

Cruse Bereavement Helpline - 0808 808 1677 and

<https://www.cruse.org.uk/get-support/helpline/> Open every day (limited hours on some days – check cruse.org.uk)

National Domestic Abuse Helpline - 0808 2000 247 and

<https://www.nationaldahelpline.org.uk/> 24 hours a day

Age UK Advice Line - 0800 678 1602 and

<https://www.ageuk.org.uk/services/age-uk-advice-line/> 8am-7pm, 365 days a year

The Silver Line - 0800 4 70 80 90 and

<https://www.thesilverline.org.uk/> Free, confidential helpline dedicated to helping older people, who may be feeling isolated, confused, or lonely. 24 hours a day, 365 days a year

Childline - 0800 1111 and <https://www.childline.org.uk/> 24/7, every day of the year

Carers Together in Hampshire - 08000 323456 and

<https://www.carerstogether.org.uk/> Carers Active Listening Line. 365 days a year Monday - Friday 10.00am - 8.00pm, Weekends and Bank Holidays 10am - 4pm

Shelter - 0808 800 4444 and

https://england.shelter.org.uk/get_help/webchat For urgent housing advice. Open 365 days a year. 8am-8pm weekdays, 9am-5pm weekends and bank holidays

Rape and Sexual Abuse Support Line - 0808 500 2222 and

<https://247sexualabusesupport.org.uk/>