



Living with dementia in East Hampshire

A directory of support services
in East Hampshire to guide you
through the first steps after a
diagnosis of dementia.



Contents

Introduction by Audrey Morton,
Dementia Friendly Petersfield..... 4
Foreword by Councillor Adeel Shah, EHDC..... 5

Advice

How can I live with dementia? 6
How do I move forward with my diagnosis of
dementia? 8
How do I tell my family and friends? 10
Can I still drive?..... 12
How do I put my affairs in order? 14
How do I keep active and well? 16
How do I manage as my dementia progresses? ... 18
How do I look after those who look after me?..... 20
What if I am a veteran or serving member of the
armed forces? 22
What if I am given a diagnosis of young onset
dementia, how is that different and what support is
there? 24

Contacts

National and East Hampshire-wide.....26

North East area of the East Hampshire31
Bramshott, Liphook, Grayshott, Headley, Lindford,
Whitehill and Bordon

North West area of East Hampshire 33
Alton, Beech, Bentley, Bentworth, Binsted, Chawton,
East Tisted, Farringdon, Four Marks, Froyle, Kingsley,
Lasham, Medstead, Newton Valence, Ropley,
Selborne, Shalden, West Tisted, Wield, Worldham

Central area of East Hampshire 34
Buriton, Colemore and Priors Dean, East Meon,
Froxfield, Greatham, Hawkley, Langrish, Liss,
Petersfield, Sheet, Steep, Stroud

Other services 38

Introduction

**Audrey Morton,
Dementia Friendly Petersfield**

The idea for a Dementia Directory for anyone who has been recently diagnosed with a form of dementia originally came from Dementia Champion, and indeed Coronation Volunteer Champion, Jeff Williams.



Tribute must be made to Jeff who worked tirelessly to improve the awareness, support, and information for anyone living with dementia, their families, friends, and carers in the local area. Sadly, Jeff passed away shortly after last year's Dementia Festival 2023, but his legacy continues.

This issue of the Dementia Directory has been brought completely up to date by dementia experts, East Hants District Council and Dementia Friendly Petersfield. Besides being a personal guide with note pages and prompts, it will signpost you to information, advice, and support in the East Hampshire area.

The impact of a diagnosis of dementia is different for everyone, some people may be pleased to at least have a diagnosis for the problems they have been experiencing while others may be feeling angry, afraid, lost and alone, everyone is different. The most common diagnosis of dementia is Alzheimer's Disease, but there are many different forms of dementia. Dementia affects the brain, but symptoms do vary from person to person and no two people experience dementia the same. However, please be

assured there is support out there whatever you are feeling or experiencing.

Living with dementia does not necessarily mean that you are unable to make decisions about the future for yourself, but it is important to put plans in place and this guide will help in identifying some areas of importance such as lasting powers of attorneys.

Keeping active and socialising really helps one to live as well as possible with dementia and East Hampshire has an abundance of activities and groups listed in this directory.

As Jeff said, "if this booklet goes on to make life easier for just one person, it will be worth the effort".

**Councillor Adeel Shah,
Portfolio Holder for Community
Development and Engagement at
East Hampshire District Council**



"The time after receiving a dementia diagnosis can be incredibly distressing and bewildering. However, it's crucial to know that support is available.

"You don't have to face this alone. I take pride in the collaboration between East Hampshire District Council, Dementia Friendly Petersfield, and other dementia specialists to create this resource. If this document succeeds in making life easier for even just one individual, all the effort will have been worthwhile."

How can I live with dementia?

To live with dementia, it is important that people use this booklet to access the support and guidance that is available in the local community.

This booklet will help people to understand more about that support and those services that are available to you in East Hampshire.

Use the contents page and contacts list to easily find the specific support or service that are available in East Hampshire.

On each page you will find a page checklist and a box for your personal notes.

Page checklist

- ☐ Moving forward with my diagnosis p8
- ☐ Telling my family and friends p10
- ☐ Putting my affairs in order p14
- ☐ Keeping active and well p16
- ☐ Managing as dementia progresses p18
- ☐ Supporting my carers p20
- ☐ Help for veterans p22
- ☐ Young onset dementia p24
- ☐ Local support groups p26

My notes

How do I move forward with my diagnosis of dementia?

It is recommended to contact Hampshire Carers Support Service which is available for carers over 18 who look after individuals with long-term health conditions, including dementia, and is delivered by Princess Royal Trust for Carers.

The Princes Royal Trust for Carers (PRTC) will set up an emergency care plan. In the event of an emergency, the PRTC may provide a free care service for up to 48 hours to help resolve the situation. People can contact PRTC at <https://carercentre.com/>

The most important way people can help themselves is to access the support that is available in the community and not become isolated. There is no cure for dementia, but it has been proven that socialising can bring great benefits to people living with dementia and their families.

From page 26, there is a list of the local groups, that are available for people living with dementia and their families, in East Hampshire.

Page checklist

- ☐ Contact Princess Royal Trust for Carers p30
- ☐ Look at local groups p26
- ☐ Visit: www.nextsteps.org.uk/

My notes

How do I tell my family and friends?

It may be difficult to come to terms with the diagnosis but when people feel more comfortable it is important to involve family members and close friends.

Some people may not want to accept it and they may not know what to say.

This can be a difficult period for everyone involved and some people may need time to adjust.

People may treat you differently, but this is because they don't understand what is happening to you. In time, people will adjust and accept what is happening.

People may find that they will lose contact with others and this could be because they don't do the things that they used to do such as work and hobbies or because they find it hard to stay in touch.

There is an opportunity to meet new people in the same situation through the support groups that are available.

It is important to become involved in the support groups at an early stage of the diagnosis. Try to focus on the positives and on the people that are there for you.

Page checklist

- ☐ Access local support groups

My notes

Can I still drive?

A diagnosis of dementia is not in itself a reason to stop driving. One in three people with dementia still drives. The most important thing is whether the person can still drive safely. However, over time, dementia affects the skills needed for safe driving. The common symptoms of dementia can affect all the skills needed for driving – this is why it is a legal requirement to inform the Driver and Vehicle Licensing Agency (DVLA) about the condition as soon as it is diagnosed. As dementia gets worse, it affects these skills even more. This means everyone with dementia will eventually be unable to drive safely.

How quickly this happens varies from person to person. However, most drivers with Alzheimer's disease will need to stop driving in the middle stage of dementia. Some types of dementia have certain early symptoms that mean an end to driving might be sooner.

If a person with dementia wants to keep driving, they must tell DVLA. The agency will ask about the person's medical information and decide if they are safe to drive.

Page checklist

- ☐ Inform the DVLA of your diagnosis
- ☐ Keep re-assessing your suitability to drive
- ☐ Visit: www.alzheimers.org.uk/get-support/staying-independent/driving-dementia

My notes

How do I put my affairs in order?

After adjusting to the diagnosis, it is important to start thinking about finances and how to manage money in the future.

There are several ways this can be done, and it is important to seek professional advice from Citizens Advice.

People may be entitled to a range of benefits and, depending on the circumstances, some will be means tested. Citizens Advice can help with this.

People with a diagnosis of dementia are entitled to a council tax rebate, East Hampshire District Council can help with the claim process.

It is recommended that people have an up to date will and set up a lasting power of attorney which will allow someone you trust to make decisions on your behalf when you are no longer able to. You may also consider setting up an advanced decision to refuse treatment or an advanced statement, which will allow you to have a say in your future medical care. It is recommended that you speak to your GP or a solicitor about this.

Page checklist

- ☐ Seek advice from Citizens Advice
- ☐ Claim council tax rebate
- ☐ Update will and set up lasting power of attorney
- ☐ Discuss advanced decisions

My notes

How do I keep active and well?

Being active is considered by many people to be vital in slowing down the progression of dementia.

Staying active can help to retain your skills and memory as well as improving self-esteem, sleep and wellbeing.

Whenever possible, keep doing what you enjoy even if you have to do it a little differently.

It is important to try and stay healthy with regular exercise and eating a balanced diet, what's good for the heart is good for the brain. If you smoke it is worth trying to stop.

Arrange regular check-ups with the GP, as well as regular dental, sight and hearing checks. Getting the annual flu and covid vaccination is important.

Having dementia doesn't mean you should feel ill, depressed or anxious. If you do feel unwell it is important that you see your GP as soon as possible.

Small things can make people feel very confused if they don't get help straight away.

There is lots of technology that can help people live well which includes electronic medication reminders, locator devices, automatic lights and shut off devices in case people forget to turn of the gas or taps.

Page checklist

- ☐ Investigate ways of staying active
- ☐ Arrange regular check-ups with the GP
- ☐ Discuss what technology could help with relevant professionals
- ☐ Contact social prescribers for support

My notes

How do I manage as my dementia progresses?

Dementia is progressive, which means that the symptoms will get worse over time. How quickly it progresses will vary greatly from person to person. Some people with dementia maintain their independence for many years.

Once you have contacted the support services that we have recommended they will follow you and support you through your journey.

As the condition progresses it is important to stay healthy and continue with regular exercise and a balanced diet.

Annual reviews are a key part of a person with dementia's care. In an annual review the GP will ask questions, do a medication review, check for new symptoms or changes in behaviour, and discuss planning ahead and support for carers.

It is also, important to maintain social contact, interests and keep to your routines.

Page checklist

- ☐ Look at Living with Dementia Toolkit
<https://livingwithdementiatoolkit.org.uk/>
- ☐ Re-engage with available support services
- ☐ Discuss with your advisor what type of help would be most appropriate for you

My notes

How do I look after those who look after me?

Make sure the carer registers with their GP and seeks advice from the Princess Royal Trust for Carers in Hampshire who can put you in touch with a care support worker who will be able to support you.

Depending on your circumstances, your carer could be a partner, family member or a close friend and they need to identify that they are a carer and that there is support available. It is important that carers are identified for the valuable role that they provide because sometimes carers don't recognise this.

The carer needs to look after themselves and they can do this through peer support groups. It is important that they also keep healthy and continue to maintain social contacts with friends and family.

Page checklist

- ☐ The carer has registered with their GP
- ☐ We have sought advice from an advisor or support worker
- ☐ We have looked at peer support groups
- ☐ We are making time to keep healthy
- ☐ We are making time for friends and family
- ☐ Contact Princess Royal Trust for carers' respite

My notes

What if I am a veteran or serving member of the armed forces?

The Royal British Legion offers a range of services for ex-service men, women and their families, one of which, is the Royal British Legion Admiral Nurse Service.

They provide specialist support, information and advice to the carers of people with dementia. All admiral nurses are registered nurses specialising in dementia. The service aims to help family carers gain the necessary skills to assist with dementia care with positive approaches in living well with dementia and improving quality of life.

The service has been developed in partnership with Dementia UK, a national charity, which promotes and develops admiral nursing.

To qualify for this service, the carer or person with dementia needs to be a beneficiary of The Royal British Legion. This includes anyone who has served in the British armed forces, their family and carers.

Part of this service is Kitbags – activity groups supporting ex-service men and women with dementia and their carers across Hampshire. This is an opportunity to reminisce around service life.

Page checklist

- ☐ Contact Admiral Nurse service
023 8202 5787

My notes

What if I am given a diagnosis of young onset dementia, how is that different and what support is there?

This diagnosis is given to people before they are 65 years old. Young onset dementia can affect people in different ways, it will depend partly on the type of dementia you have been diagnosed with.

People with a diagnosis of young onset dementia and those supporting them may be entitled to a range of benefits, some of which are means tested. Citizens Advice can help with this.

There are support groups specifically for young onset dementia which you can research yourself online. If you are in employment employers are required by law to make reasonable adjustments to give the support to carry on with your role. You can keep up to date with current legislation and find out information on other types of dementia here: www.dementiauk.org/information-and-support/types-of-dementia/ and here: www.raredementiasupport.org

Page checklist

- ☐ Registered with a support worker
- ☐ Benefits investigated
- ☐ Research support groups
- ☐ Speak with employer


My notes

National and district-wide contacts

Age Concern Hampshire - village agent scheme

Village agents volunteer within rural communities to help those living with dementia access advice and support services.


 helpandsupport.cfirfirst.org.uk

 01962 892 443

Alzheimer's Society


Support, information and signposting for anyone affected by dementia.

 www.alzheimers.org.uk


 0333 150 3456

The Blue Lamp Bobby Scheme

A free service from Police-approved fitters who can provide advice on fire, cyber security and crime prevention to improve home safety for people living with dementia.

 0300 777 0157

 bobby@bluelamptrust.org.uk

 www.bluelamptrust.org.uk/bobby-scheme-landingpage/


Community Transport East Hampshire

For all up-to-date community transport services please visit

 [www.easthants.gov.uk/community-and-living/
community-transport](http://www.easthants.gov.uk/community-and-living/community-transport)

Dementia Support Hants and Isle of Wight


They offer an accessible safe space and a support network after dementia diagnosis.

 03443 246589


 www.mydementiasupport.org

Dementia UK

Specialist dementia nursing charity provide free support and advice to anyone affected by dementia.

 08008 886678


 helpline@dementiauk.org

 www.dementiauk.org

Driver Skills Scheme 60+


This scheme provides free advice to drivers, family members and carers about navigating the complex path of ensuring a driver with dementia is complying with all legal and safety requirements.

 road.safety@hants.gov.uk

 01962 846100

Hampshire Carer Support Service

Hampshire Carer Support Service provided by Princess Royal Trust for Carers. Open to carers over 18 who look after individuals with long-term health conditions including dementia.


 01264 835246


Emergency out of hours: 08001691577

 info@carercentre.com

Hampshire Fire & Rescue Service - safe and well visits

Provides a free safe and well visit including a home safety check to reduce fire risk in the home. For example, checking and fitting smoke alarms, health referrals for extra support where appropriate, to improve the occupier's health and wellbeing.

 Weekdays 9am–5pm


 023 8062 6751


 community.firesafety@hants.fire.gov.uk

 www.hantsfire.gov.uk/safeandwell

Hampshire libraries

Information for people with dementia, carers and friends

 0300 555 1387

 www.hants.gov.uk/librariesandarchives/library/services/access-for-all/dementia-resources

Home library service

Library volunteers can visit monthly to exchange a range of library materials to individuals in their own homes. This service is free and available from all Hampshire County Council libraries.

☎ 03707 793 561

📄 www.hants.gov.uk/librariesandarchives/library/services/access-for-all/dementia-resources

Meals on Wheels Hampshire

Lunches and teas delivered.

☎ 0330 2000 103 (option 4)

📄 www.hants.gov.uk/meals-on-wheels

OPAL (Older People's Area Link)


Provided by Age Concern Hampshire - county-wide service that can provide details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home.


☎ 01962 868 545

✉ info@ageconcernhampshire.org.uk

Princess Royal Trust for Carers emergency planning

For carers and people living with dementia, offering support to carers to enable them to develop an agreed plan of action in case of emergency. Plans are developed with support from the Trust through an individual visit and a document provided outlining the agreed plan. In the event of an emergency a 24-hour phone line is available if further support is required. Under this project, support in an emergency is available free of charge for up to 48 hours and no Adult Services assessment is needed.

 0845 604 1577

 01264 835 246 (carers' hub)


Talking Point

An online community for people with dementia, their carers and their families hosted by Alzheimer's Society.

 www.alzheimers.org.uk/talkingpoint

Wellbeing Walks

Various walks for any ability across East Hampshire. Walks are accessible, inclusive, and suitable for individuals with health conditions. For more information, get in contact with us.





 01730 266 551

 healthwalks@easthants.gov.uk

North East area of East Hampshire





**Bramshott, Liphook, Grayshott, Headley,
Lindford, Whitehill and Bordon**

Citizens Advice East Hampshire – Whitehill and Bordon

-  Forest Community Centre, Pinehill Road,
Bordon, GU35 0BS
-  0808 278 7901 (advice)
-  01420 477 005 (admin only)
-  www.citizensadvice.org.uk/east-hampshire

Singing for the Mind

Join us to exercise your vocal chords, everyone welcome.

-  10.45am–12noon weekly on a Monday.
Community lunch offered straight after on the
first Monday of the month
-  St Marks Shared Church, Pinehill Road, Bordon
GU35 0BS
-  01420 481716
-  hello@rightathomealtonbordon.co.uk

Sunflower Café Bordon

Our Sunflower Cafes provide a safe and welcoming space for people living with dementia and their families to socialise and connect with others who understand their experiences. These cafes offer peer support, information, and resources to help improve quality of life for those affected by dementia.

🕒 10.30am-12pm every second and fourth Thursday of the month

📍 Church Hall, Sacred Heart Catholic Church, High Street, Bordon GU35 0FP

☎ 01420 481 716

✉ hello@rightathomealtonbordon.co.uk

Karma Café

Come and talk over your issues with your local GP Social Prescribing Link Worker and discover the support services available. Separate private room. No appointment necessary. Free tea and coffee.





🕒 Every Thursday 10am-12 noon

📍 Woodlands Community Hall, Larch Road, Headley Down, Bordon GU35 8AS

North West area of East Hampshire

**Alton, Beech, Bentley, Bentworth, Binsted,
Chawton, East Tisted, Farrington, Four Marks,
Froyle, Kingsley, Lasham, Medstead, Newton
Valence, Ropley, Selborne, Shalden, West Tisted,
Wield, Worldham**

Citizens Advice East Hampshire – Alton

 17 Market Square, Alton, GU34 1HD
 0808 278 7901 (advice)
 01420 544807 (admin only)
 www.citizensadvice.org.uk/east-hampshire




Dementia Friendly Alton

For more information, please call the number below or look at page 40 of this directory to see our new programme.

 01420 551 455
 www.dementia-friendly-alton.org.uk

Time Together




A group for all local carers and those they support. Fun and engaging activities for all, relaxation and wellness sessions, social events and outings.

 Every second Thursday of the month 1.30-3pm
 The Royal British Region, Anstey Park, Anstey Road, Alton GU34 2RL
 01420 481716

Central area of East Hampshire





Buriton, Colemore and Priors Dean, East Meon, Froxfield, Greatham, Hawkley, Langrish, Liss, Petersfield, Sheet, Steep, Stroud

Active Dementia - exercise group





-  First Wednesday of the month from 2.30–4pm
-  Winton House, High St, Petersfield, GU32 3JL
-  Donation of £2.50 that includes tea and home made cakes

Age Concern Petersfield & District

Transport into town to do your shopping, meet friends or run errands. Door to door in our minibus. Cost £2 return.

-  Every Wednesday morning
-  Winton House Centre, 18 High Street, Petersfield, GU32 3JL
-  07852 172 998
-  info@ageconcernpetersfield.org.uk

Citizens Advice East Hampshire – Petersfield

-  Petersfield Library, 2nd Floor 27 The Square, Petersfield, GU32 3HH
-  0808 278 7901 (advice)
-  01730 710 281 (admin only)
-  www.citizensadvice.org.uk/east-hampshire

Jeff Williams Friendship Group

- 📍 United Reform Church, College St, Petersfield, GU31 4AG
- 🕒 First Friday of the month, 11am–12.30pm
- ☎️ 07909 546 081 or 07895 502 994

Kitbags Live On

For ex-service personnel and their carers

- 🕒 3rd Thursday of each month 1.30pm–3.30pm
- 📍 Petersfield Community Centre, Love Lane, Petersfield GU31 4BW
- ☎️ 023 8202 5787 or 07458 134672

Pam Robson's Entertainment Group

- 🕒 Meets on the fourth Friday of the month – 11am–12.30pm
- 📍 United Reform Church, College St, Petersfield, GU31 4AG
- ☎️ 01730 892 996 / 07804 647 206 or 07895 502 994

Pam Robson's Music Group

- 🕒 Meets on the second Thursday of the month 2–3.30pm
- 📍 United Reform Church, College St, Petersfield, GU31 4AG
- ☎️ 01730 892 996 / 07804 647 206 or 07895 502 994

The Petersfield Community Garden

Growing vegetables with others. Enjoying the outdoors in good company.

- 🕒 Wednesdays 2–4pm
Saturdays 9.30am–12.30pm
- 👉 Beside the railway crossing in Sheet, far end of Long Road
- ☎️ 01730 264 527
- 🌐 www.petersfieldcommunitygarden.org
- ✉️ petersfieldcommunitygarden@gmail.com




The Petersfield Dementia Choir

- 🕒 1st, 3rd and 4th Tuesday of each month
10.45am–12noon
- 👉 Petersfield Rugby Clubhouse, Penns Place
GU31 4EP
- ☎️ 07557 914 954
- ✉️ lornamckechne7@gmail.com

Petersfield Memory Café

- 🕒 Held on the third Wednesday of the month
2.30–4pm
- 👉 Winton House, High St, Petersfield, GU32 3JL
- ☎️ 01730 266 046

Walking Football

-  2nd and 4th Monday of every month,
11am–12pm
-  Taro Sports Centre, Penns Place,
Petersfield GU31 4EX
-  01730 719719 or 07895 502994

Dementia Services – Hampshire and Portsmouth

Dementia Support Service

Our local staff are working by phone, in writing and online to support people affected by Dementia. Local Dementia Advisers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges, and prepare for the future. Dementia Advisers are there to explain about the condition as well as signposting people to the support services available. Face to face visits can also be arranged as appropriate.

Companion Calls

Companion Calls can help people with dementia and their carers feel more connected and less lonely. These are a social chat – they do not offer specific dementia support, advice, or guidance. Our trained volunteers make regular phone calls to check in and have a friendly chat about anything the person they're calling chooses.

Virtual Singing for the Brain

A singing group for people affected by dementia, it is being delivered online via zoom, please contact us for more information. The group runs every Friday, 11am–12pm

Singing for the Brain (face to face)

Singing for the Brain Portsmouth

Service available on second and fourth Wednesday of the month, 10.30am–12pm

Singing for the Brain Basingstoke

Service available on first and third Wednesday of the month, 2pm–3.30pm

Dementia Support Forum

Dementia Support Forum is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online:

<https://forum.alzheimers.org.uk/>

Contact Details:

For more information on any of these services or to request a call from one of our local support team please contact us by phone, through Alzheimer's Society Dementia Support Line or directly by email.

Phone: 0333 150 3456

9am–8pm Monday–Wednesday | 9am–5pm Thursday and Friday | 10am–4pm Saturday and Sunday

Email: HIP@alzheimers.org.uk

Visit our website for full details of all Alzheimer's Society Services: www.alzheimers.org.uk



Providing NHS services



Health & Wellbeing
at the Heart of
Our Community

Alton Primary Care

Alton Health Centre, Anstey Road, ALTON,
Hampshire, GU34 2QX
Telephone: 01420 84676

SOCIAL PRESCRIBING

Social Prescribing provides a pathway for GPs, nurses, and primary care professionals to connect individuals with a spectrum of local, non-clinical services.

The primary focus of a social prescriber is to signpost, advise, and empower patients to improve their physical and mental wellbeing by identifying solutions that best match their needs.

The support is intended for patients with housing worries, mild or moderate mental health struggles, debt, domestic abuse, as well as those experiencing social isolation, addiction and other frequent users of the GP services and hospitals.

CANCER CARE

Our dedicated cancer care coordinator can offer patients person-centred support, making this journey about what matters to them.

They will provide an assessment of the patient's needs by considering their practical, physical, spiritual, and social needs.

MUSCULOSKELETAL FIRST CONTACT PRACTITIONERS

Musculoskeletal (MSK) First Contact Practitioners (FCP) are highly experienced and can assess, diagnose, treat and manage patients with MSK issues.

Early specialist assessment with advice has been proven to enhance patients' recovery and self-management.

MIND – MENTAL HEALTH SUPPORT FOR ADULTS AND CHILDREN

Mental health charity Mind runs a range of recovery services for adults with mental health and wellbeing needs covering East Hampshire. Patients can be referred to one of the Wellbeing Practitioners who can offer a variety of interventions and services that support people with their recovery from mild and moderate mental health problems.

CONTACT DETAILS

To access any of these services, patients can contact their GP practice for referrals.

The Wilson Practice Anstey Rd, Alton GU34 2QX
Tel: 01420 84676

Boundaries Surgery
Winchester Rd, Four Marks
GU34 5HG
Tel: 01420 562153

Chawton Park Surgery
Chawton Park Rd, Alton
GU34 1RJ
Tel: 01420 542542



Dementia Friendly Alton

Charity Number - 1202095



The Queen's Award
for Voluntary Service



MEETING CENTRES UK
ALTON MEETING CENTRE

NEW Programme for **Health and Well-being** provided by:

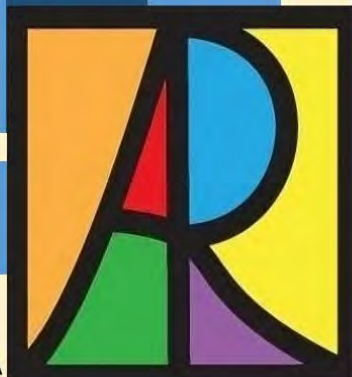
www.dementia-friendly-alton.org.uk

Call for more information 01420 551455

Or Email - dementia_friends@btinternet.com

Day Time	MON	TUES	WED	THURS	FRI	SAT	SUN
1000 - 1100	Tea and chat every weekday – Pop in for a cuppa & catch up with the team and other members before the sessions start						
1100 - 1300	Creative and Curious	1100-1200 Fit Steps with Glenda 1200-1300 Tea and chat	Memory Lane (Crafts/Chair Exercise/Tai Chi/ Reflexology)	Health Walk @ 0930 1030-1230 Bocce & Games 1030-1115 Golden Grooves	1030-1230 Music Café/ Dementia Choir	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest - See website for details	
Friendship Lunch – join with friends for Group Lunch session – or nip into Town for a lunchtime treat							
1330 - 1530	1345-1500 Love to Move 1400-1600 Horti @ Sensory Garden	1330-1430 Creative Sounds coming soon 1430-1530 Yoga with Rebecca James	Games & Chat & Horti at Town Park / Train Station or Assembly Rooms	Heritage and Culture Club (Memory Box / Movies / Quiz / Guest speakers) Horti @ Allotment	1330-1530 Grand Tea Dance in the Ballroom		
Late afternoon / Early evening sessions							
Times vary	Coming soon	Coming soon	1630 – 1730 Yoga with Sue Tupper	Coming soon			

**All sessions held at Alton Assembly Rooms
NEW Health and Well-being Centre for ALL
Centrally located in Alton High Street, GU34 1BA**



The Petersfield Dementia Support Groups



There is a dementia support group running every week in Petersfield

Groups	When	Where	Time
The Jeff Williams Friendship Group	First Friday of the month	United Reform Church	11am to 12.30pm
Contact: Audrey Morton 07966 759929 or Amanda Buckley 07909 546081			
Pam Robson's Music Group	Second Thursday of the month	United Reform Church	2pm to 3.30pm
Contact: Clive Robson 01730 892996, Audrey Morton 07966 759929			
Kit Bags Live on	Third Thursday of the month	Petersfield Community Centre	1.30pm to 3.30pm
Contact: Cliff Cropley 07458 134672			
Memory Cafe	Third Wednesday of the month	Winton House	2.30pm to 4pm
Contact: Winton House 01730 266046			
Pam Robson's Entertainment Group	Fourth Friday of the month	United Reform Church	11am to 12.30pm
Contact: Clive Robson 01730 892996, Audrey Morton 07966 759929			
Dementia Choir	First, third & fourth Tuesday of the month	Petersfield Rugby Club	10.45am to 12.00pm
Contact: Caroline Blatter 07557 914954, Liz Jones 07775 902298			
Dementia Friendly Walking Football	Second & fourth Monday of the month	The Taro Sports Centre	11am to 12.00pm
Contact: Audrey Morton 07966 759929 or Duncan (Right at Home) 01730 719719			

Supported by:
Dementia Friendly Petersfield
and East Hants District Council

EAST
HAMPSHIRE
DISTRICT COUNCIL





Our Social Prescribing Team can help you in several ways.

By giving you time to explore what matters to you, we can help you identify difficulties and challenges that you face and then find services and activities to support you with these.

We support young people from 11 Years upwards as well as adults.



GP surgeries we cover:

The Grange Surgery
Pinehill Surgery
Badgerswood and Forest Surgeries
Horndean Surgery
Clanfield Surgery
Rowlands Castle Surgery

You can self-refer using our online form via <https://www.easthantspcn.co.uk> or alternatively call your GP Surgery to be referred in.



Scan the QR code to find out more about the services we offer



"A support group for people living with dementia and their carers."

Whitehill & Bordon

Where: Sacred Heart Catholic Church. High St, Bordon
GU35 0AU

When: 10.30am - 12pm every 2nd & 4th Thursday of the month

Just drop in or call 01420 481716 for more information

Swan Medical Group

Social Prescribing Team



NHS
Providing NHS services



WHAT IS SOCIAL PRESCRIBING?

Social Prescribing connects people to organisations, groups and services that meet their practical, social and emotional needs.

Our team is passionate about supporting our patients, by taking a non-medical, holistic approach to improve their health and wellbeing.

At the initial appointment, we give you the time to let us know what matters to you. We then help to connect you to relevant support.

Appointments are available at community drop-in sessions, face to face in surgery and on the telephone.

PLEASE NOTE

We are **not** an emergency service. If you are in crisis, please contact:

Life threatening emergency - 999

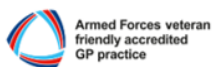
Medical help - NHS 111

Need to talk? - Samaritans - 116 123

Mind Safe Haven 0300 303 1560 (6pm-10pm)

WE CAN HELP YOU FIND SUPPORT WITH:

- Mental health
- Counselling and therapy options
- Diet, exercise and physical wellbeing
- Carer strain
- Dementia
- Long-term health conditions
- Stress
- Loneliness and social isolation
- Financial or housing worries
- Food and warmth
- Family and parenting
- Abuse and coping with trauma
- Employment and volunteering



FOOD BANK INFORMATION:

Liphook

The Liphook C of E Junior School, Avenue Close, Liphook, GU30 7QE
07871 287 295
liphookfoodbank@gmail.com
Walk ins Tuesdays and Fridays 9:30 -11:30

Liss

St. Paul's United Reformed Church, Hillbrow Road, GU33 7PX
07494 605945
lissfoodbank@gmail.com
Walk ins Wednesday 14:00 – 15:30
Deliveries can be arranged.

Petersfield

Requires referral, which we can provide.
Methodist Church, Station Road, Petersfield GU32 3EB
Tuesday and Friday mornings 9:30– 11:30

Free Shop

The Hub at Petersfield train station
Wednesday 1:30 – 3:00
Friday and Saturday 10:00 – 11:30

HOW TO GET IN TOUCH WITH US:

Phone or come into any surgery and ask reception to book you a call.

Speak to your GP, nurse or HCA at an appointment.

Come to one of our Community Drop-in Sessions.

During the Refresh coffee morning at St Peter's Church

**24 The Square, Petersfield GU32 3HS
Every Thursday 9:30 – 12:30**

SURGERY INFORMATION

Swan Surgery

Swan St, Petersfield, Hampshire, GU32 3AB
01730264011

Liphook Village Surgery

The Square, Liphook, Hampshire, GU30 7AQ
01428 728270

Liphook Surgery

Station road, Liphook, Hampshire, GU30 7DR
01428 724768

Liss Surgery

Hillbrow Road, Liss, Hampshire, GU33 7LE
01730 892262

NEED HELP RIGHT NOW?

TRY CONTACTING THESE SERVICES:

CAB (Citizens Advice Bureau)

For all types of issues including benefits, money, housing, employment, legal and many others.

www.citizensadvice.org.uk/local/east-hampshire/

Pre booked and drop in sessions at one of the offices.

Or call the adviceline 0808 278 7901

Adult and Family Services

Issues such as care homes and packages, equipment, education and childcare, SEND and safeguarding.

www.hants.gov.uk/socialcareandhealth

0300 5551386

Connect to Support Hampshire

Online hub for local information, services and support, care providers and other paid services.

www.connecttosupporthampshire.org.uk

Emergency housing

Homeless or in need of emergency or temporary housing?

www.easthants.gov.uk/housing/emergency-housing

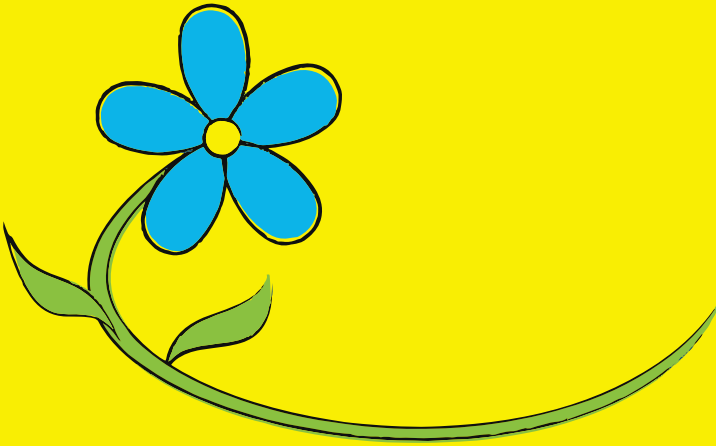
01730 234415

NHS Talking therapies self-referral

NHS Talking therapies Hampshire (formally iTalk) provides free treatment to people suffering from mental health problems including depression, anxiety and stress.

www.italk.org.uk/self-referral/

02380 383920



This booklet was produced by **Dementia Friendly Petersfield** and **East Hampshire District Council** with help from:

- Dementia Friendly Hampshire and Alton
- The Alzheimer's Society
- East Hants Primary Care Network
- A31 Primary Care Network
- Swan Primary Care Network
- Local families living with dementia

All information is correct in August 2024