

GROUPS & ACTIVITIES

We welcome to our groups people with dementia and their carers, family and friends. Experienced staff and volunteers offer support and information. There is no need to book a place (except for Sporting Reminiscence), just come along and you will be sure of a warm welcome. Refreshments (tea and coffee) are available at all these meetings. For more information about the groups please contact the office on telephone number 01590 644679.

SUPPORT GROUPS

NEW MILTON Our Lady of Lourdes Church Hall, Mount Ave. BH25 6NT	4 th Thursday of each month. Coffee Morning 10am - 11.30am 23rd January, 27th February 27th March, 24th April
FORDINGBRIDGE Victoria Rooms, 26 Bridge Street, Fordingbridge SP6 1AY	2 nd Tuesday of each month. Coffee Morning 10.30am - 12.00pm 14th January, 11th February 11th March, 8th April

ACTIVITY GROUPS

EVERTON St Mary's Church Hall, Branwood Close, Everton, Lymington, SO41 OLU	2 nd Thursday of each month. 2pm - 4pm. Tea/Coffee/Cake A programme of activities will be available shortly. 9th January, 13th February 13th March, 10th April
SPORTING REMINISCENCE Totton & Eling Community Centre, Civic Centre, Testwood Lane, Totton, SO40 3AP	1 st and 3 rd Monday of each month. 10.30am - 12.00pm 6th January, 20th January, 3rd February, 17th February 3rd March, 17th March, 7th April, 21st April – no group (Easter Monday). There will be a group on Mon 28th April instead

MUSIC GROUPS

MILFORD ON SEA WITH MUSIC Milford-on-Sea Village Community Centre, 9, Sea Road, Milford on Sea, SO41 OPH (next to the public car park)	1 st and 3 rd Wednesday of each month 2pm - 3.30pm 1st Jan – no group, 15th Jan, 5th February, 19th February 5th March, 19th March, 2nd April, 16th April
HYTHE WITH MUSIC Ewart Court, Jones Lane, Hythe, SO45 6DG	1 st and 3 rd Wednesday of each month 10:30am – 12pm 1st Jan – no group, 15th Jan, 5th February, 19th February 5th March, 19th March, 2nd April, 16th April
FORDINGBRIDGE WITH MUSIC Victoria Rooms, 26, Bridge Street, Fordingbridge SP6 1AY	4 th Tuesday of each month 10.30am - 12pm 28th January, 25th February 25th March, 22nd April
RINGWOOD WITH MUSIC Trinity Centre, Christchurch Road, Ringwood, BH24 1DH	1 st Thursday and 3 rd Tuesday of each month 11am - 12.30pm 2nd January, 21st January, 6th February, 18th February 6th March, 18th March, 3rd April, 15th April
ROMSEY WITH MUSIC	For dates and information, please call our Eastleigh office on 023 8061 0159.

ART GROUPS are held in Milford, Sway and Ringwood. If you are interested in joining the Milford Art Group or the Sway Art Group, please contact the office on 01590 644679, or for the Ringwood Art Group, please contact Gilda Newsham on tel. 01725 513334 or email gildanewsham@aol.com.

DEMENTIA SUPPORT SERVICES

We welcome Gary Walker as the new Support Services Manager for New Forest & Southern Test Valley, Southampton & Eastleigh. Gary has been working at the Basingstoke office and is now looking forward to supporting the services here.

We have a team of Dementia Advisors who can provide information and support to people living with dementia and their carers, family & friends.

Kathleen Gillett is our Dementia Support Worker. Kathleen is available to visit & support people with dementia who have more complex needs.

Dawn Colverd is our Group Coordinator and will be working with our wonderful team of volunteers to provide support groups throughout the New Forest (please see overleaf for full details of the groups).

CONTACT DETAILS

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Dawn Colverd – Group Coordinator
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