

Tournerbury room (talks)

AM

10:15am – 11:00am

Irwin Mitchell Solicitors

Wills and Power of attorney and Q&A

11:00am – 12:00pm

John Jacques

Living with Dementia talk

PM

12:00pm – 13:00pm

Pam Jacques

Caring for someone with Dementia talk

Hurstwood room (stall holders)

Alongside these activities there will be 20+ information stalls, local organisations and support services will be offering free advice and guidance.

A full list of stallholders can be found here:

www.havant.gov.uk/havant-dementia-information-day-2025

Please note, this programme is subject to change.

Havant Dementia Information Day



Programme of events Friday 11 July – 10am to 1pm



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BOROUGH COUNCIL

www.havant.gov.uk/havant-dementia-information-day-2025

Hollybank room

(physical activities / choir / stalls)

AM

10:00am - 10:30am
Horizon Leisure Centre

Steady and Strong
(Falls Prevention)

11:00am - 11:30am
Dementia Pathfinders & Recapture Life

Circle Dance

11:40am - 12:00pm
Right at Home

Singing for the Mind Choir

PM

12:00pm - 13:00pm

Love to Move session

Newlease room

(taster sessions)

AM

10:30am - 11:00am
The Spring

Craft

11:00am - 11:30am
Dementia Friendly Hampshire

Gardening

11:30am - 12:00pm

Defibrillator session

PM

12:00pm - 13:00pm

Functional Fitness MOT

Mayor's Parlour

A small, quiet space for private discussions or to take a break if needed.

