

# Tournerbury room

(talks)

## AM

**10:15am – 11:00am**  
Irwin Mitchell Solicitors

Wills and Power of attorney and Q&A

**11:00am – 11:40am**  
John Jacques

Living with Dementia talk

**11:40am – 12:20pm**  
Pam Jacques

Caring for someone with Dementia

## PM

**12:20pm – 13:00pm**  
David Trodd

Living 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/dementia-information-day-2026](http://www.havant.gov.uk/dementia-information-day-2026)

Please note, this programme is subject to change.

# Havant Dementia Information Day



## Programme of events

### Friday 10 July 2026 – 10am to 1pm



Supported by



Sponsored by

**Havant**  
BOROUGH COUNCIL

[www.havant.gov.uk/dementia-information-day-2026](http://www.havant.gov.uk/dementia-information-day-2026)

## Hollybank room

(physical activities/choir/stalls)

### AM

**10:00am – 10:30am**  
Horizon Leisure Centre

Steady and Strong  
(Falls Prevention)

**11:00am – 11:30am**

Recapture Life supported  
by Dementia Pathfinders

Circle Dance

**11:40am – 12:10pm**

Right at Home

Singing for the Mind Choir

### PM

**12:10pm – 13:00pm**

Home Instead Havant

Love to Move session

## Newlease room

(taster sessions)

### AM

**10:30am – 13:00pm**

Get Up and Go

Functional Fitness MOT



## Mayor's Parlour

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

