

Havant Dementia Information Day



Programme of events
Friday 28 June – 10am to 2pm



Havant
BOROUGH COUNCIL

www.havant.gov.uk/dementia2024

Tournerbury room

10.15am - 10.45am

Irwin Mitchell Solicitors

A talk on Wills and Powers of Attorney

10.45am - 11.15am

John Jacques

Living with Dementia talk

11.15am - 11.45am

Pam Jacques

Caring for someone with Dementia talk

12.00 - 12.30

Lunch

12.40pm - 1.00pm

Irwin Mitchell Solicitors

A talk on Wills and Powers of Attorney

1.00pm - 1.30pm

Home instead

Talk on scams/tech café

1.30pm - 2.00pm

**Havant and Waterlooville
(PCN NHS)**

Dementia advice and support



Hollybank room

10.30am - 11.30am

Get Up and Go

Boccia and New Age Curling taster session

11.40am - 12.00pm

Right at Home

Singing for the Mind Choir

12.00 - 12.30pm

Lunch (Tournerbury Room)

12:45pm - 1.15pm

Horizon Leisure Centre

Falls prevention Taster - Exercises to help maintain strength and balance and help reduce the risk of falling, great for increasing confidence and independence

1.15pm - 2.00pm

Home Instead

Love to Move - The Love to Move Programme is an age and Dementia friendly seated activity programme which is transforming the lives of people living with Dementia.



Newlease room

10.30am – 11.00am The Spring	Craft
11.00 – 11.30pm Recapture Life and Dementia Friendly Hampshire	Gardening
11.30 – 12pm	Defibrillator session
12.00 – 12.30pm	Lunch (Tournurbury Room)
12.30 – 1pm Recapture Life and Dementia Friendly Hampshire	Gardening
1.30pm – 2pm	Defibrillator session

Hurstwood room/Atrium

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/dementia2024

Please note, this programme is subject to change.