

Fleet Over-55's Information Day

**Bringing community activity &
information together in one space**

Monday

24th April 2023

10am-3pm

FREE

to attend!



Fleet Library, 236 Fleet Rd, Fleet GU51 4BX

Fleet Over-55's Information Day

Talks & Presentations Programme

Ground Floor	Time	Organisation	Details
The Makery	10.30-11.15	Fleet Flower Club	Demonstration on how to make floral designs and what someone could learn at the club.
The Makery	11.25-11.55	Farnborough & District Branch of Parkinson's UK	What is Parkinson's? What support and activities the local group provides.
The Makery	12.05-12.20	Home Instead	Care for the elderly and support for carers.
The Makery	12.45-14.00	Minding the Garden (Hart Voluntary Action)	<p>Come and join Minding the Garden's fun and informal mini-workshop and go away with your very own creation (max no: 12 people)</p> <p>How to create a simple summer bedding container</p> <p><i>Seasonal colour and interest can easily be added to your garden or patio by creating a container with small plants.</i></p>
The Makery	14.15-15.15	Fleet Library Singalong Session	<p>Drop-in session:</p> <p>Singing is good for you; your health and mood can be enhanced through singing, and you can benefit even if you don't think you can sing. These relaxed sessions are for adults of all ages and will have popular songs from many eras.</p>

PARKINSON'S^{UK}
 CHANGE ATTITUDES.
 FIND A CURE.
 JOIN US.

 **Home Instead.**
To us, it's personal

 **Minding the Garden**

Hampshire Libraries



Fleet Over-55's Information Day

Talks & Presentations Programme

1 st Floor	Time	Organisation	Details
Heron Room	10.00-10.30	Citizens Advice Hart	Drop-in session
Heron Room	10.30-11.15	Right At Home	Dementia Support Programme
Heron Room	11.30-12.15	Versus Arthritis	Presentation about Versus Arthritis and information about Osteoarthritis.
Heron Room	12.40-13.40	Falls Friends (Southern Health NHS Trust)	Falls prevention: common risk factors about why people fall and what to do about them.
Heron Room	14.00-15.00	Alzheimer's Society	Drop-in session: Questions About Dementia? Fay Freemantle (North Hampshire Dementia Support Worker) <i>'Ask Me Anything. If I cannot give you an answer, I can help you to find one.'</i> What is dementia? How can symptoms affect behaviour? How to address these behaviours, communication in dementia, and looking after yourself.'



Hart



Fleet Area Over 55's Forum Information Day

**Just drop in and pick up information from
any of the stands across 2 floors.**

**Book/join one or more of the talks and
activities being held throughout the day.**

**Call Hart Voluntary Action 01252 815652 for
more information**

Other organisations/services taking part:

AGE concern
Hampshire


BrendonCare

Fleet Pond
SOCIETY

care UK 


Bus & Fleet


The Princess Royal Trust
For Carers in Hampshire

**Connect to
Support
Hampshire**


TalkPlus

u3a
learn, laugh, live


**Mind
Andover**

Organised by Hart Voluntary Action

Supported by Hampshire County Council


Hart Voluntary Action


Hampshire
County Council