**Fleet Area Over 55's Information Day (Monday 24th April 2023 10am-3pm) Talks/Demos -Registering interest**

This event is FREE to attend.

The day is for anyone interested in local activities, support and services for people over 55 in the Fleet area.

Just drop in to browse information stands across 2 floors.

There will be 10 talks/demos held throughout the day. You can register your interest for as many as you like although space is limited, so please register your interest to attend by completing this response form and returning to [Sharon.west@hartvolaction.org.uk](mailto:Sharon.west@hartvolaction.org.uk) or for more information telephone: Sharon West, Hart Voluntary Action 01252 815652

PLEASE NOTE ONLY FOR MINDING THE GARDEN MINI WORKSHOP: Space is limited (max capacity: 9) so email confirmation will be sent to you following your registration of interest.

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| **Name** |  |  |
| **Contact email** |  |  |
| **Contact telephone** |  |  |
| **Organisation or Individual** |  |  |
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| **Talk/Demo** | **Description** | **Registration of interest** |
| 10.30- 11.15  Fleet Flower Club  (Makery -Ground floor) | Demonstration on how to make floral designs and what someone could learn at the club. | Yes |
| 11.25-11.55  Farnborough & District Branch of Parkinson's UK  (Makery -Ground floor) | What is Parkinson’s? What support and activities the local group provides. | Yes |
| 12.05-12.20  Home Instead  (Makery -Ground floor) | Care for the elderly and support for carers. | Yes |
| 12.45-14.00  Minding the Garden  (Hart Voluntary Action)  (Makery -Ground floor) | Come and join Minding the Garden’s fun and informal mini-workshop and go away with your very own creation (max no: 9 people).  **Please only attend if your registration of interest has been confirmed by email response**  How to create a simple summer bedding container  *Seasonal colour and interest can easily be added to your garden or patio by creating a container with seasonal small plants.*Space is limited (max capacity: 12). | Yes |
| 14.15-15.15  Fleet Library Singalong Session  (Makery -Ground floor) | **Drop-in session:** These relaxed sessions are for adults of all ages and will have popular songs from many eras. | Yes |
| 10.00-10.30  Citizens Advice Hart  (Heron Room -1st floor) | Find out about Citizens Advice First Aid, Outreach, Volunteering, and Benefits available. | Yes |
| 10.30- 11.15  Right At Home  (Heron Room -1st floor) | Dementia Support Programme | Yes |
| 11.30-12.15  Versus Arthritis  (Heron room -1st floor) | Presentation about Versus Arthritis and information about Osteoarthritis | Yes |
| 12.40-13.40  Falls Friends  (Southern Health NHS Trust)  (Heron room -1st floor) | Falls prevention: common risk factors about why people fall and what to do about them. | Yes |
| 14.00-15.00  Alzheimer’s Society  (Heron room -1st floor) | **Drop-in session:**  Questions About Dementia?  Fay Freemantle (North Hampshire Dementia Support Worker)  ‘Ask Me Anything. *If I cannot give you an answer, I can help you to find one.* What is dementia? How can symptoms affect behaviour? How to address these behaviours, communication in dementia, and looking after yourself.’ | Yes |