



What's On in June with DF Hampshire

Day/date	Activity	Time	Locations	
Tuesday 2 nd	Mud Matters Gardening Group. <i>Spreading the Joy of Compost</i>	12 – 2 pm	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE.	Join our gardening group and help to maintain the garden
Wednesday 3 rd	Pedall in the New Forest. Enjoy the Forest Trails	Lunchtime	Booking Essential Contact Jane for details, See below	Using Side by Side or Easy rider bikes, balance not required
Thursday 4 th	Cycling at Fleming Park	11 – 2 pm	Pavillion in the Park 1 Kingfisher Way Eastleigh S050 9LH	Side by side cycles available, Refreshments available from the onsite cafe
Saturday 6 th	Flourish in the Forest	10 – 3 pm Stay for the day or just join us for an hour or so	Alice Holt Country Park, Bucks Horn Oak Farnham Surrey GU10 4LS	Walks, cycling, seated yoga, and nature inspired activities
Sunday 7 th	Reminiscence in the Park	11 – 5pm	Royal Victoria Country Park, Netley, Southampton SO31 5GA ·	Information stands and advice for anyone affected by Dementia including friends and family
Tuesday 9 th	Mud Matters Gardening Group. <i>Spreading the Joy of Compost</i>	12 – 2 pm	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE.	Join our gardening group and help to maintain the garden
Tuesday 9 th	Poetry and Reminiscence £5 per person Includes Tea and Cake	2 – 3:30 pm Kym Devine at Creative Connections 07539225144	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE	Social Afternoon filled with warmth, poetry, reminiscence and creativity creativeconnections2022@gmail.com
Tuesday 9 th	Memory Choir with Kim Garner	2:30 – 3:30 pm	Crofton Community Centre, Stubbington Ln, Fareham PO14 2PP	Join our friendly group, singing popular songs from the 60s and 70s kim@thememorychoir.com
Wednesday 10 th	Pedall in the New Forest. Enjoy the Forest Trails	Lunchtime	Booking Essential Contact Jane for details, See below	Using Side by Side or Easy rider bikes, balance not required

Thursday 11 th	Sailing at Testwood Lakes	12 – 3 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Friday 12 th	Nature Connections at Hogmoor Enclosure	1pm – 3pm	Booking Essential Hogmoor Road, Bordon, Hampshire, GU35	An afternoon of walks, and nature inspired activities
Tuesday 16 th	Mud Matters Gardening Group	12 – 2 pm	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE	Gardening jobs can be seated inside or outside, depending on the weather
Wednesday 17 th	Pedall in the New Forest. Enjoy the Forest Trails	Lunchtime	Booking Essential Contact Jane for details, See below	Using Side by Side or Easy rider bikes, balance not required
Thursday 18 th	Nurture in the Forest	10 – 2 pm	Alice Holt Country Park, Bucks Horn Oak Farnham Surrey GU10 4LS	For those with Young onset or recently diagnosed memory concerns
Friday 19 th	A seaside walk in the morning. With coffee, chat and Nature Connection activities at the Wheelhouse	11 – 3 pm	The Wheelhouse Hillhead, Nearest postcode PO14 3LU Booking preferred	Chatting, Refreshments, Walking, and Nature inspired activities. <i>Walking is optional</i>
Tuesday 23 rd	Mud Matters Gardening Group	12 – 2 pm	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE	Gardening jobs can be seated inside or outside, depending on the weather
Wednesday 24 th	Pedall in the New Forest. Enjoy the Forest Trails	Lunchtime	Booking Essential Contact Jane for details, See below	Using Side by Side or Easy rider bikes, balance not required
Thursday 25 th	Cycling in Portsmouth	10:30 - 12	Booking Essential Contact Jane for details, see below	Side by side cycles available, Refreshments available from the onsite cafe
Tuesday 30 th	Mud Matters Gardening Group	12 – 2 pm	The Garden Room The Pallant Centre, The Pallant, Havant. PO9 1BE	Gardening jobs can be seated inside or outside, depending on the weather

Contact Jane -

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Or Pam - PamatDFH@gmail.com

Note – Booking essential activities – this is to ensure sufficient equipment is available, we completely understand that you may need to cancel on the day, and this perfectly okay.