



## What's On in May with DF Hampshire

| Day/date                  | Activity   | Time   | Locations   |  |
|---------------------------|--|--|---|--|
| Friday 1 <sup>st</sup>    | Cricket Utilita stadium - Southampton  | Times and location when booking                                  | <b>Booking essential – email jane contact details below</b>                 |  |
| Saturday 2 <sup>nd</sup>  | Flourish in the Forest   | 10 – 3 pm<br>Stay for the day or just join us for an hour or so  | Alice Holt Country Park,<br>Bucks Horn Oak<br>Farnham<br>Surrey<br>GU10 4LS | Walks, cycling, seated yoga, and nature inspired activities  |
| Tuesday 5 <sup>th</sup>   | Mud Matters Gardening Group.<br><i>Spreading the Joy of Compost</i>          | 12 – 2 pm  | The Garden Room<br>The Pallant Centre,<br>The Pallant,<br>Havant. PO9 1BE.  | Join our gardening group and help to maintain the garden   |
| Tuesday 5 <sup>th</sup>   | Nature Connections<br><i>This will be the final session at this location</i> | 2 – 3:30 pm  | The Garden Room<br>The Pallant Centre,<br>The Pallant,<br>Havant. PO9 1BE   | Creative activities inspired by Nature,  |
| Wednesday 6 <sup>th</sup> | Pedall in the New Forest.<br>Enjoy the Forest Trails                         | Lunchtime  | <b>Booking Essential</b> Contact Jane for details, See below                | Using Side by Side or Easy rider bikes, balance not required   |
| Thursday 7 <sup>th</sup>  | Cycling at Fleming Park  | 11 – 2 pm  | Pavillion in the Park<br>1 Kingfisher Way<br>Eastleigh<br>S050 9LH          | Side by side cycles available, Refreshments available from the onsite cafe   |
| Tuesday 12 <sup>th</sup>  | Cycling in Portsmouth  | 10 – 12 noon   | <b>Booking Essential</b><br>Contact Jane for details, see below             | Side by side cycles available, Refreshments available from the onsite cafe   |
| Tuesday 12 <sup>th</sup>  | Mud Matters Gardening Group.<br><i>Spreading the Joy of Compost</i>          | 12 – 2 pm  | The Garden Room<br>The Pallant Centre,<br>The Pallant,<br>Havant. PO9 1BE.  | Join our gardening group and help to maintain the garden   |
| Tuesday 12 <sup>th</sup>  | Poetry and Reminiscence<br>£5 per person<br>Includes Tea and Cake            | 2 – 3:30 pm<br>Kym Devine at Creative Connections<br>07539225144 | The Garden Room<br>The Pallant Centre,<br>The Pallant,<br>Havant. PO9 1BE   | Social Afternoon filled with warmth, poetry, reminiscence and creativity<br><a href="mailto:creativeconnections2022@gmail.com">creativeconnections2022@gmail.com</a> |

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|----------------------------|--|------------------------------------|--|---|
| Tuesday 12 <sup>th</sup>   | 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<br>kim@thememorychoir.com |
| Wednesday 13 <sup>th</sup> | Pedall in the New Forest. Enjoy the Forest Trails  | Lunchtime                          | <b>Booking Essential</b> Contact Jane for details, See below     | Using Side by Side or Easy rider bikes, balance not required                                  |
| Thursday 14 <sup>th</sup>  | Sailing at Testwood Lakes                          | 12 – 3 pm<br>Bring a picnic lunch. | <b>Booking Essential</b> Contact Jane for details, see below     | Sailing with an experienced volunteer   |
| Friday 15 <sup>th</sup>    | Cricket Utilita stadium - Southampton              | Times and location when booking    | <b>Booking essential – email jane contact details below</b>      |   |
| Sunday 17 <sup>th</sup>    | Romsey Information Day                             | 10am – 3pm                         | Crossfield Hall, Broadwater Rd, Romsey SO51 8GL                  | Information stands and advice for anyone affected by Dementia including friends and family    |
| Monday 18 <sup>th</sup>    | Fareham Information Stand for Dementia Action Week | 10am – 2pm                         | Fareham Shopping Mall, Fareham, PO16 0PQ                         | Information stands and advice for anyone affected by Dementia including friends and familyg   |
| Tuesday 19 <sup>th</sup>   | 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 20 <sup>th</sup> | Pedall in the New Forest. Enjoy the Forest Trails  | Lunchtime                          | <b>Booking Essential</b> Contact Jane for details, See below     | Using Side by Side or Easy rider bikes, balance not required                                  |
| Thursday 21 <sup>st</sup>  | 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                              |
| Tuesday 26 <sup>th</sup>   | 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 27 <sup>th</sup> | Pedall in the New Forest.<br>Enjoy the Forest Trails   | Lunchtime  | <b>Booking Essential</b> Contact Jane for details, See below               | Using Side by Side or Easy rider bikes, balance not required                                       |
| Thursday 28 <sup>th</sup>  | Cycling in Portsmouth  | 10:30 - 12 | <b>Booking Essential</b> Contact Jane for details, see below               | Side by side cycles available, Refreshments available from the onsite cafe                         |
| Friday 29 <sup>th</sup>    | A seaside walk in the morning.<br>With coffee, chat and Nature Connection activities at the Wheelhouse | 11 – 3 pm  | The Wheelhouse Hillhead,<br>Nearest postcode PO14 3LU<br>Booking preferred | Chatting, Refreshments, Walking, and Nature inspired activities.<br><br><i>Walking is optional</i> |

Contact Jane -

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Or Pam - [PamatDFH@gmail.com](mailto: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.