

Events for October with DF Hampshire

Please contact Jane to confirm attendance

Day/date	Activity	Time	Locations	
Saturday 3 rd	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
Monday 5 th	Sailing at Testwood Lakes	11 – 3 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Tuesday 6 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
Wednesday 7 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 8 th	Sailing at Testwood Lakes	11 – 3 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Monday 12 th	Sailing at Testwood Lakes	11 – 3 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Tuesday 13 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 13 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 13 th	Memory Choir Social afternoon	2:30 – 3:30 pm	Crofton Community Centre,	Music quiz, tea and jam scones

			Stubbington Ln, Fareham PO14 2PP	
Wednesday 14 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 15 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
Monday 19 th	Sailing at Testwood Lakes	11 – 3 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Tuesday 20 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
Wednesday 21 st	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 22nd	<i>Cycling at Fleming Park</i>	<i>11 – 3 pm</i>	<i>Pavillion in the Park 1 Kingfisher Way Eastleigh S050 9LH</i>	<i>Side by side cycles available, Refreshments available from the onsite cafe</i>
Friday 23 rd	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>
Monday 26 th	Sailing at Testwood Lakes	11 – 2 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer
Tuesday 27 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 28 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 29 th	Sailing at Testwood Lakes	11 – 2 pm Bring a picnic lunch.	Booking Essential Contact Jane for details, see below	Sailing with an experienced volunteer, This is the last sailing session for 2026
Friday 30 th	Petersfield Dementia Festival	10 – 1pm	The Auditorium Churchers College, 38-46 Ramshill, Petersfield. GU31 4AS	Information stands and activities for those living with and caring for those with Dementia, or Cognitive impairment. Onsite parking available

Contact Jane -

Jane.ward@dementiafriendlyhampshire.org.uk

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.