

Dementia Support Groups

Group	Contact	Venue	Day & Time	Description
Gosport Memory Café Alzheimer's Society	02392 892035	Christchurch Parish Centre, Stoke Road, Gosport	3 rd Tuesday of month 10.30am – 12.30pm	Support group meeting over lunch for people with dementia and carers in relaxed setting.
Memory Café Lee-on-Solent Home Instead Fareham & Age Concern Hants Partnership	01329 282469	Methodist Church Hall, High Street, Lee on the Solent	Last Thursday of month 2pm – 4pm	A free service for local people with memory loss, Alzheimer's or other dementias and their carers
Kitbags & Berets Alzheimer's Society	023 9289 2035	RNA – Royal Naval Association 66 Fareham Road, PO13 OAG	4 th Wednesday of month 10am – 12 noon	Enabling Ex-Service Personnel with dementia and carers to meet in a relaxed social setting.
Carers Support Group Princess Royal Trust	07795 163556 Debbie Kingshott	Nobes Hall, Nobes Avenue, Bridgemark, Gosport, PO13 OSH		Informal group to meet other carers for support, tea/coffee.
Carers HUBB	07795 163556 Debbie Kingshott	Nobes Hall, Nobes Avenue, Bridgemark, Gosport, PO13 OSH	Last Monday of every month	A friendly drop in offering advice on a wide range of support and services including Power of Attorney, trust funds, blood pressure etc
Fareham Activity Support Group Alzheimer's Society	023 9289 2035	United Reformed Church, 18 Osborne Road, Fareham, PO167DG	1 st Tuesday of the Month 1.15 – 3.15	Activity group for people with dementia and carers. Support for carers also.
Fareham Community Hospital	07707 890891 Kellyn	Fareham Community Hospital, Brook Lane, Sarisbury	Every Monday 9am-5pm Monday 1pm-3pm	Advice service, by appointment only at the Hospital. Carers support group drop-in for people with dementia and carers.

* Care has been taken to ensure that this information is up to date and accurate. If you are aware that any of the details above are inaccurate please do call 023 9258 3836. . Please note that Gosport Voluntary Action accept no responsibility for any errors which may have occurred. Content is provided for information only.

Group	Contact	Venue	Day & Time	Description
Dementia Friendly Drop in Alzheimer's Society	023 9289 2035 0300 5551387	Fareham Library, Osborn Road, Fareham, PO16 7EN	1 st & 3 rd Wednesday of each month, 10.00-12.00	Dementia Advice Drop In Free – Dementia Friendly Community Volunteers will be on hand to offer advice and support to friends and carers of people suffering with dementia.
Fareham Library Memory Group	0300 5551387	Fareham Library, Osborn Road, Fareham, PO16 7EN	1 st Wednesday of month 10.00 – 11.00	A free, friendly social for people with dementia and carers. Share stories, poetry, activities and reminiscence. Please call or pop in to book.

***Please note that Gosport Discovery Centre is planning to open a Dementia Friendly Drop in group in Spring 2016. As soon as details of the group are confirmed it will be added to the list of groups above.**

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