

Activities & Services

Hello,

Whether you are new to Age Concern Petersfield or are already joining in with things that we offer we hope you will try something new.

It is always good to meet new people, have fresh conversations and make new friends along the way.

Talk to me about any of the activities we offer—give me a ring, pop into the office or drop me an email. I'm always happy to chat.

Sheridan Rocher, Manager

07852 172998

Sheridan.rocher@ageconcernpetersfield.org.uk

Monthly Fish & Chips Social *New*

We are excited to be starting a new monthly Fish and Chips Social this Autumn.

Come and be a pioneer and join us for two hours of informal,, relaxed, chatty social time with fish and chips from Mother Kellys.

**First Friday of the month, 12-2pm, £10.
Transport available.**

Upcoming dates:

2nd Oct, 6th Nov, 4th Dec

Held at the Community Centre, Love Lane.

Booking essential—call us to find out more.

Body Positive

Chair Based Exercise classes

Running Thursday afternoons and Friday mornings throughout the year to strengthen your whole body. The classes are very popular due to our experienced and fun tutor Bobbie.

"I feel fitter, have better balance, improved body strength, and enjoy good company with fellow class participants, excellent instructions from Bobbie"

Next 8 week block with 1 week break in the middle:

Thurs, 2.30-3.30pm, 10th Sept - 5th Nov

Frid, 10-11, 11.15-12.15, 11th Sept - 6th Nov

All classes are held at the Winton House Centre, Cost £56.

Chatty Cafe

Come along to my favourite time of the month—an hour or so of chatting with a bunch of lovely people. Some come each month, some dip in and out, new faces are always welcome. We never know what we will talk about but we always have a laugh.

First Monday of the month, 11am, held in Winton's Cafe.

Free of charge—just turn up, buy yourself a cup of coffee and we'd love to meet you.

Upcoming dates:

7th Sept, 5th Oct, 2nd Nov

Outings Programme

We organise a popular programme of outings that run throughout the year ranging from trips to the seaside, pretty villages, meals out, theatre shows, shopping opportunities, museums, afternoon tea, boat trips etc. We aim to offer something to appeal to a wide range of tastes and with a range of mobility required to come along.

Our first class volunteer minibuss drivers will pick you up and drop you back to your door.

Prices vary depending on the trip but we always aim to keep them affordable.

Copies of the programme are available from the Winton House office, on our website or we can email or post you one if you give us a ring.

Lunch Club

Our twice weekly lunch club is very popular due to our fantastic cook Marian, the welcoming atmosphere provided by our team of helpers, and the friendliness of people that attend. Join our waiting list so that when a space is available you are in the queue.

"People are very friendly and the food is excellent"

Runs every Tuesday and Thursday, 12noon-1pm, at the Community Centre, Love Lane.

Transport can be provided door to door for those living in Petersfield.

Cost £8 for a two course freshly cooked meal

Do I have to become a member to join in with your activities?

No. There is no membership required. Just enquire about the things you are interested in and we can book you in. Nice and simple.

Wednesday Shopping

Every Wednesday our minibuss drivers can bring you into town to do your shopping, then you can relax in the Winton's Café with the other shoppers before being picked up and taken home.

"Always friendly and helpful. Very good drivers"

You would be joining a wonderful friendly group of shoppers.

Cost £5 for return transport.

Transport available for those from Petersfield town, or within a 2 mile radius.

Help at Home Service

If you need a helping hand at home with things like cleaning, companionship, laundry, shopping etc then let us know. We have a team of vetted home helps that can work with you to keep your home clean and tidy.

Contact us to arrange a home visit and see how we can help you. You will then be matched with a home help who can provide you with a regular weekly or fortnightly slot.

Costs: £17/hr for the home help, £15/month administration fee for Age Concern Petersfield to be part of the scheme.

Digital Coaching

Gain confidence using your smartphone, iPhone, laptop, tablet or iPad. Bring your device with you and learn what you want to learn at your own pace.

"My coach was so patient with me, he really was excellent"

We offer 1-to-1 coaching sessions on Thursday mornings at Winton House. £48 for 6 weeks.

Contact us to book a place.

10th Sept to 15th Oct

29th Oct to 3rd Dec

Age Concern Petersfield www.ageconcernpetersfield.org.uk Tel: 07852 172998

Winton House Centre, 18 High Street, Petersfield, GU32 3JL