**Carer Support and Dementia Advice Service for Hampshire**

**Face of Face Groups**

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| Monday | Location | Time |
| **Carer Support Group.**  All Carers and Cared For welcome. | The Beehive  Hogmoor Rd, Bordon GU35 9FX | 2pm to 3.30pm  2nd Monday of the Month |
| **Fareham Community Hospital Memory Group**  **(Co Facilitated with Friends of Fareham Community Hospital)** | Park Gate Royal British Legion Club.  366 Brook Lane, Park Gate, SO31 7DP | Every Monday  10.30am to 12.30  &  1pm to 3pm |
| **Alton Carers Coffee Morning**  Join us for a Cuppa and a chat, meet other Carers and access advice and information. | Alton Community Centre, Amery Street, Alton, GU34 1HN | 1st Monday of the Month 11-1.00pm |
| **Farnborough Carers Coffee Morning**  Drop in for carers in Farnborough area | The Annexe  St. John The Baptist Church,  St John's Rd, Farnborough  GU14 9RH | First Monday of the month  10:30 am to 12pm |

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| Tuesday | Location | Time |
| **Eastleigh Carers Support Drop In**  For people with a diagnosis of dementia and carers. | Wells Place, Eastleigh. S050 5LJ | 10am to 12pm |
| **Badger Farm Carer Support Group**  For carers and the cared for. | Badger Farm Community Centre, Winchester SO22 4QB | Third Tuesday of the month 1pm-3pm |
| **Meon Valley Carers Group**  For carers of people with Dementia and the cared for | Patterson Centre, Church Road, Swanmore, Southampton, SO32 2PA | 4th Tuesday of the month  1.30-3.30 |
| **Tea and Toast Group.**  For all Carers and Cared For welcome. | Bridgemary, Rowner and Woodcot Community Association, Wych Lane Gosport. Hants PO13 0HS | 10am to 12pm  2nd and 4th Tuesday of Every Month |
| **Andover Carers Group** | The Oak room White Hart Hotel Bridge Street Andover SP10 1BH | Every 4th Tuesday of the month 1.30pm to 2.30pm |
| **Andover Singing Group** | Andover Mind, Westbrook Close, South Street, Andover. SP102BN | Every Tuesday 11-12pm |

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| Wednesday | Location | Time |
| **Time Together Group.**  All Carers and Cared For welcome | Hayling Island Community Centre Station Rd,Hayling Island. PO11 0HB | 1.30pm to 3.30pm  2nd Wednesday of every month |
| **Speedwell Carers and Cared For Drop In**  For people with a diagnosis of dementia and all carers | Speedwell Court, West End. Southampton  SO18 3HW | First Wednesday of the month 2-3.30 |
| **The Milestone Museum** | Leisure Park, Churchill Way West, Basingstoke RG22 6PG | Third Wednesday of the Month 11-13:00 |

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| Thursday | Location | Time |
| **Fleet Carers Peer Support Group**  All carers welcome | Fleet Parish Community Centre.  Church Rd, Fleet GU51 4NB | Last Thursday  Every Month  12 pm - 2pm |
| **Dementia Support Group**  For people with a diagnosis of dementia and all carers | Carers Together, Love Lane, Romsey, SO51 8DE | 1.30pm to 3.30pm  FIrst Thursday of the month |
| **Andover Reflections** | St Ann’s Church Andover | Second Thursday of the month 10-12 |
| **Cowplain Carers Group**  All carers welcome | Age Concern Borrow Centre London Road, Cowplain, PO8 8DB | 1.30pm to 3.30pm  Every 3rd Thursday of the month |
| **Just for Carer’s Drop In**  For carer to gather information and the cared for to take part in Creative Painting ( Fee charged by Mojo) | In conjunction with Creative Mojo  Waterlooville Library, | 1st Thursday of the Month  11am-12.30pm |
| **Dementia 6 week Cookery Group**  **(sessions need to be booked in advanced)** | Fareham College  Bishopsfield Road,  Fareham,  Hants, PO14 1NH | Every Thursday  2pm to 4pm  ( *TERM TIME ONLY)* |
| **Singing for Fun Dementia Choir** | Speedwell court, West End SO18 3HW | Monthly on the second Thursday  2:30pm – 4:00pm |

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| Friday | Location | Time |
| **Peer Support Group**  All carers welcome  Join us for a Cuppa and a chat, meet other Carers and access advice and information. Guest Speakers giving presentation every month | Westside Community Centre, Basingstoke, RG22 6QB | 1st Friday of Month 11am to 13pm |

**Referrals and Enquiries Team on 01264 332297 or enquiries@andovermind.org.uk**