News from No. 18

WINTON HOUSE CENTRE

AGE Concern Petersfield and District

September 2025

Welcome

Welcome to our first edition of News from No. 18. This quarterly newsletter highlights the latest services, activities, classes, and information we hope you find useful.

These are the services offered at 18 High Street geared for older people in and around Petersfield.

We hope you find something here you would like to try.

Introducing

Age Concern Petersfield is a local charity that has been running for over 60 years. Our aim is to get older people together to socialise through our lunch clubs, outings, and classes, and to support with help at home, IT coaching and befriending.

www.ageconcernpetersfield.org.uk

07852 172998

Winton House Centre is a local charity run by the community for the community. We run a friendly community café, games afternoons, dementia support sessions, hire out rooms to local groups that run a vast range of activities and services, and support other local charitable organisations.

www.wintonhousecentre.org.uk

01730 266046

Chatty Café

If you'd like to meet new people and fancy some fresh conversation come along to our friendly Chatty Café, first Monday of the month.

Run by Age Concern Petersfield.

Upcoming dates are:

1st Sept, 6th Oct, 3rd Nov

We meet in the Winton's Café, 11am. Just turn up.

Body Positive–Chair based exercise

The next 6 week block of classes will run from

Thursday 18th Sept to 23rd Oct,

2.30-3.30pm in the Perry Room at Winton House. Cost £36.

Come and join a group of like minded people to strengthen every muscle in your body. Bobbie is a highly experienced tutor and can adapt the classes to your needs.

Contact Age Concern Petersfield to book a place.

IT Coaching

Struggling to make sense of your smartphone,

iPhone, laptop or iPad? Our experts offer one to one coaching sessions over a 6 week period. Classes are held on Thursday mornings at Winton House, cost £36. You just bring your device and leave feeling more confident.

The next course dates are:

Thursday 11th Sept to 16th Oct

Contact Age Concern Petersfield to book a place.

Outings

Age Concern Petersfield run a year long programme of outings to a variety of places.

Our Autumn/Winter outings programme will be out in early October. Visit our website, pick up a copy from Winton House or let us know if you'd like a copy emailed to you.

Cops N Coffee

Come and meet your Neighbourhood Policing Team. Discuss your concerns and get crime prevention advice over a coffee;

Next dates in the Winton's Café, 12-1.30pm:

24th Sept, 19th Nov

Macmillan Coffee Morning

Save the date!

Wednesday 24th September,
10-12noon in the Winton's café.

Delicious home made cakes served in the café with all proceeds to Macmillan. Please come and support.

Eligibility Surgeries with Citizens Advice

Come along to see if you are eligible for a Blue Badge, Attendance Allowance, Pension Credit, or Energy Help. Drop in surgeries held 10am-12noon, at Winton's Café on the following dates:

Mon 6th Oct, Frid 17th Oct

Transport to Medical Appointments

If you need a lift to a medical appointment, or help with shopping or prescriptions call Winton House who take requests on behalf of the Petersfield Voluntary Care Group. A volunteer driver takes you to your appointment for a donation.

Please allow 48 hours notice. 01730 266046

Winton House Monthly Games

The monthly games are a fun and light hearted way to spend your afternoon.

Rummikub - come along to learn or just play. This is a board game for 2 to 4 players.

Meets 2nd Friday of the month, 2.30-4pm, in the Winton's Café. Costs £2.50 with tea and cake included. Upcoming dates are:

12th Sept, 10th Oct, 14th Nov

Bingo— held on the last Friday of the month, 2.30-4pm, costs £1. Refreshments available. Lots of fun and prizes. Upcoming dates are:

26th Sept, 31st Oct, 28th Nov

Contact Winton House if you would like to come along.

Dementia Support

Memory Café: The Memory Café runs on the third Wednesday of the month, 2.30pm-4.pm in the Winton's Café.
We welcome people living with dementia and their carers or family members. Hot drinks and cake are served in a café setting. Usually a quiz and a theme for the afternoon, and live music. Upcoming dates are:

17th Sept, 15th Oct, 19th Nov

Active Dementia: A friendly exercise class for those living with Demetia, facilitated by a qualified tutor.

Tea and cake and time to chat meeting on the first Wednesday of the month. Cost £2.50. Upcoming dates are:

3rd Sept, 1 Oct, 5 Nov

If you would like to come contact us at Winton House.

Winton House Centre www.wintonhousecentre.org.uk Tel: 01730 266046

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