

# The A31 Community Wellbeing Hub

## Drop in sessions – All patients welcome

**LOCATION:** Chawton Park Surgery

**TIME:** Drop in sessions – Timings for sessions above  
Tea and coffee provided (for nominal donation)

<u>Date</u>	<u>Time</u>	<u>Speakers / Topics</u>
Thursday 11th January 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Healthwatch Hampshire</li> <li>• Dementia Team from Hampshire Hospital Foundation Trust</li> <li>• Princess Royal Trust</li> <li>• Alton Community Care</li> </ul>
Thursday 25th January 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Diabetes UK</li> <li>• Health Walks</li> <li>• Exercise on referral scheme</li> <li>• Diet on referrals scheme / Weight Watchers</li> <li>• <i>Diabetes Practice Nurse – TBC</i></li> <li>• Cardiac rehab</li> <li>• <i>Dieticians – HHFT - TBC</i></li> </ul>
Thursday 8th February 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Citizens Advice Alton – Reducing your Utility / Energy &amp; other bills</li> </ul> <p><b>** Book a one-to-one appointment with the advisor from Citizens Advice via Chawton Park Surgery on 01420 542542 **</b></p>
Thursday 22nd February 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Dementia Team from Hampshire Hospital Foundation Trust</li> </ul>
Thursday 8 <sup>th</sup> March 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Citizens Advice Alton – Reducing your Utility / Energy &amp; other bills</li> </ul> <p><b>** Book a one-to-one appointment with the advisor from Citizens Advice via Chawton Park Surgery on 01420 542542 **</b></p> <ul style="list-style-type: none"> <li>• Trading Standards</li> <li>• <i>Local neighbourhood watch – TBC</i></li> <li>• The Fire Service – Safe &amp; Well Programme</li> </ul>
Thursday 22nd March 2018	10:00 – 14:00	<ul style="list-style-type: none"> <li>• Dementia Team from Hampshire Hospital Foundation Trust</li> </ul>