

# News from No. 18



**January–March 2026**

## Welcome

We hope you enjoyed the festive season and are looking forward to attending some of our events and classes.

Listed here are some of the services and events offered by Age Concern Petersfield and the Winton House Centre (both based at 18 High Street, Petersfield).

In the spirit of the new year how about trying something new?

## 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:

**5th Jan, 2nd Feb, 2nd Mar**

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

## Petersfield Seed Swap

An opportunity to swap seeds, meet local gardening organisations, and gain growing knowledge from workshops.

**Saturday 14th March, 10–1pm**

## Body Positive—Chair based exercise

These popular classes run throughout the year on a Thursday afternoon and Friday morning.

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. £36 for 6 weeks.

Contact Age Concern Petersfield to book a place.

## Contact

### Age Concern Petersfield

[www.ageconcernpetersfield.org.uk](http://www.ageconcernpetersfield.org.uk)

07852 172998

### Winton House Centre

[www.wintonhousecentre.org.uk](http://www.wintonhousecentre.org.uk)

01730 266046

## Mens Cookery

Learn basic cookery skills and create a tasty meal from scratch. enjoy the meal together afterwards with a well-earned glass of wine. £7.50 per class.

Next block of 3 classes:

**16th Jan, 20th Feb, 20th Mar**

## Winton House Monthly Games

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

**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 refreshments.

**9th Jan, 13th Feb, 13th Mar**

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

**30th Jan, 27th Feb, 27th Mar**

## Spring Outings

With the warmer weather just round the corner Age Concern Petersfield's Spring outings programme is being planned and will be out at the end of February. Grab a copy from our website or the Winton House office, or we can email or post it to you.

We go to a variety of popular destinations in our minibus with pick ups from your door.

## 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:

**14th Jan, 11th Mar**

## 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 2nd Feb, Frid 13th Feb**

## Check in and Chat

Would you or someone you know like a weekly telephone call from a friendly volunteers? A call can make such a difference to someone who is feeling alone.

Contact Age Concern Petersfield to find out more.

## Help at Home

Age Concern Petersfield's Help at Home Service can assist with cleaning, companionship, laundry, shopping etc. If you would like some support at home please contact us. We can arrange a home visit to talk about your needs and what the service offers.

## IT Coaching

Need some help navigating your smartphone, iPhone, laptop or iPad? Our experts offer hourly 1-to-1 coaching sessions over a 6 week period. Classes are held throughout the year, Thursday mornings at Winton House. Bring your device and leave feeling more confident. £36 for 6 weeks.

Contact Age Concern Petersfield to book a place.

## 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

## Dementia Support

**Memory Café:** Runs on the third Wednesday of the month, 2.30pm-4pm in the Winton's Café. Refreshments and a themed afternoon with live music.

**21st Jan, 18th Feb, 18th Mar**

**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.

**7th Jan, 4th Feb, 4th Mar**

## Armed Forces Drop In

First Thursday of the month—a place to unwind and connect with others. Held at Winton House, 4-8pm.

[armedforces@petersfield-tc.gov.uk](mailto:armedforces@petersfield-tc.gov.uk)

**5th Feb, 5th Mar**

Winton House Centre [www.wintonhousecentre.org.uk](http://www.wintonhousecentre.org.uk) Tel: 01730 266046

Age Concern Petersfield [www.ageconcernpetersfield.org.uk](http://www.ageconcernpetersfield.org.uk) Tel: 07852 172998