



AGE concern

Hampshire

Registered Charity No: 290874



Information & Advice

For free information & advice related to issues that may arise in later life, why not pop along to our

Community Café

4th Wednesday in the month

11am to noon.

Ask to speak to
Rob Chapman,

Information and Advice Coordinator
(No appointment necessary)

Social Groups

Our Social Groups are designed for older people looking for weekly activities and companionship.

They run in and round Basingstoke:-

Overton on Tuesday afternoon

Oakridge on Wednesday morning

Winklebury on Thursday morning

Popley on Thursday morning

South Ham Thursday morning /afternoon with lunch

Kingsclere on Thursday afternoon

(A small charge applies to attend)

For more information please call us on 01256 423874

The Community Café

Why not pop along to our Café
for a cuppa or a light bite to eat?

Wednesday

10:30am to 12:30pm

(last food orders is noon)

At St Michaels Church Cottage

This is a lovely, warm and welcoming community café,
for all ages, set in the heart of Basingstoke town centre.





Yoga

Friendly classes, with an experienced teacher

Monday 2:30 to 3:30pm

(chair & mat based)

Thursday 2:30 to 3:30pm

(mat based)

Friday 10:30 to 11:30am

(mat based)

At St Michael's Church Cottage

£4:00 per session

For more information call 01256 423874

Evergreen Exercises

Friendly classes, with an experienced teacher.

The aim is to develop your coordination,
strength, mobility and balance.

Come and try our exercise class

Tuesday 11am

At St Michael's Church Cottage

£4:00 per session

For more information call 01256 423874



Foot Clinics

Do you find it difficult cutting your own toe-nails?

We provide a toe-nail cutting service for those aged 50+

The cost is £16 per appointment

You will receive a foot health check and
professional toe-nail cutting.

Clinics run at a number of different locations in Basingstoke
on different days of the week.

For enquires and appointments call

01256 423874

All appointments must be booked in advance

Computer Tuition

Do you need help understanding your
iPad, Tablet, Laptop or Computer ?

Then our friendly, one-to-one tuition for over 50's at

- South Ham library on Tuesday morning
 - Chineham library on Wednesday morning
- could be just what you are looking for.

The cost is £5 donation per 45 minute session.

For more information and an appointment call

01256 423874