

## Celebrating Dementia Action Week Across Hampshire

Monday 19 May, 2025

Age Concern Hampshire's Care and Wellbeing Centres in Yateley, New Milton, Locks Heath, and Dibden celebrated Dementia Action Week with a variety of activities aimed at enhancing the lives of individuals living with dementia. The charity ran sessions including music and pet therapy, which are an integral part of its ongoing commitment to providing person-centred day care in a safe and welcoming environment.

Dementia Action Week also highlights the importance of early diagnosis, which is crucial for helping people access the right care and support at the right time. With nearly one million people in the UK living with dementia and more than 200,000 receiving a diagnosis each year, Age Concern Hampshire continues to respond to this growing need by offering high-quality, affordable day care that provides tailored support to individuals living with dementia.

*"Our Care and Wellbeing Centres provide a supportive environment for individuals living with dementia, while also offering much-needed respite for family carers," said Hannah Park, Head of Operations at Age Concern Hampshire. "We offer a range of engaging activities, a two-course lunch, and optional transport, all tailored to meet individual needs."*

Alongside highlighting early diagnosis, the week also shines a light on the increasing challenges faced by family carers. Many experience emotional and physical exhaustion, which is why Age Concern Hampshire offers vital respite care. Their day care services provide carers with peace of mind, knowing their loved ones are receiving expert care in a safe and supportive environment.

For families seeking more information or unsure of the support available, Age Concern Hampshire offers taster days at its Care and Wellbeing Centres in Yateley, New Milton, Locks Heath, and Dibden. These sessions provide an opportunity to explore the variety of care and activities specifically designed to support individuals living with dementia.

To learn more about Age Concern Hampshire's Care and Wellbeing Centres or to book a free taster session, visit <https://www.ageconcernhampshire.org.uk/care-and-wellbeing-services-hampshire/> or call 01962 868545. Early support makes all the difference.

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. Its mission is to help people 'Age well and Live well'.

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