

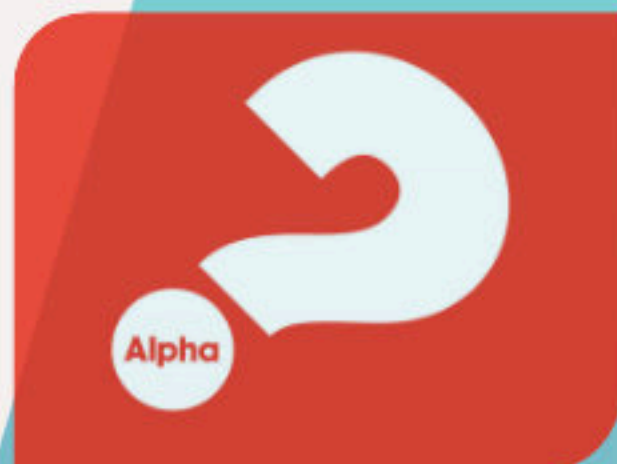
PLEASE TAKE ME
I'M FREE

WHAT'S BREWING?

News from Alton Maltings & Harvest Church



Sept- Dec 2024



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ALPHA STORIES

Find out about Alpha from someone who has attended the course.

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THE KINGS ARMS

Supporting young people in the Alton and Petersfield area.

KINGS FARMS



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A31 SOCIAL PRESCRIBERS

Social Prescribing:
Your Bridge to Better Wellbeing

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Check us out online!

AND MUCH MORE ...



What's Brewing?

We find stories of life transformation so encouraging. In this edition we hear from a number of people who have been on some amazing journeys of transformation, plus lots of news. We hope you enjoy reading them.

We would really appreciate any suggestions or feedback to whatsbrewing@harvestchurch.uk
Enjoy!

ALPHA STORIES

"The main surprise to me was finding faith!"

Laura attended the Alpha Course in the first half of 2024. In this candid interview with Marie Hall, Laura shares her transformative journey, from skepticism to finding faith, and offers her insights on the experience.

Laura, thank you for joining us today. Let's start at the beginning. Why did you decide to attend the Alpha Course?

"When I was invited to join Alpha, I thought it would be perfect to prove everyone there wrong. I came expecting to be able to disprove the existence of God and that the beliefs were all wrong."

That's quite an intriguing motive! Before Alpha, what were your beliefs about faith?

"The question of faith before I became a Christian is tricky. I was very open to eastern religions such as Hinduism where they have many gods, but Christianity with one God I couldn't comprehend. I could best be described as agnostic, and just thought Christianity was a cult."



Laura Gadd
Alpha Attendee 2024

It sounds like you were quite skeptical. Did anything about the course surprise you?

"The main surprise to me was finding faith and also that Christians are normal people from all walks of life."

That's wonderful to hear. Would you recommend the Alpha Course to others?

"Yes, I would 100% recommend the Alpha Course to everyone! The source material answered so many questions. The hosts are so knowledgeable and friendly. If you know someone who is perhaps interested in finding God, please bring them to the next one."

It seems your perspective has shifted quite a bit. How has your opinion changed since attending Alpha?

"Initially, I went into the first session all guns blazing, ready to disprove everything. But over time, I met real Christians, found faith, received the Holy Spirit, and became part of a

larger family than I could have ever imagined. This has completely transformed my view."

That's a significant transformation. What would you say is the best thing about the Alpha Course?

"I don't think there is one singular thing that can be described as the 'best'. I have made wonderful friends since and during the Alpha experience. You will never be judged for asking questions, however 'stupid' they may seem, and the food is very good too!"



Alpha

**Starting Monday 23rd September at 7pm or
Wednesday 25th September at 10.30am**

**at Alton Community Centre, Amery Street,
Alton, GU34 1HN**

For more information and to book please email
altonplusalpha@gmail.com

Laura, thank you so much for sharing your journey with us. It's truly inspiring to hear how the Alpha Course has impacted your life.



WHO'S WHO?

At Alton Maltings, our committed team is ready to assist you in making sure your booking and event are a success.

From start to finish, our team is here to help with all your planning needs. Our Centre Assistants are skilled at setting up according to your specifications and cleaning up afterwards, making sure every detail is taken care of. There will always be a member of our team available throughout your event.

Providing exceptional service is our priority, guaranteeing a seamless and stress-free experience for you. From small meetings to large events, we are here to assist you at every stage.

THE TEAM

Karen
Head of Operations

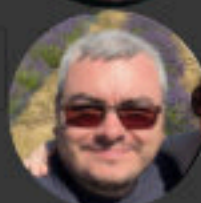


Centre Assistants

Nick



Michael



Hannah



Kit



Tom
Bookings

Glenys
Volunteer



UPCOMING EVENTS

Alton Maltings hosts a number of community events throughout the year, some examples of these are:

21st September	Leukemia Care Fundraiser
27th September	A31 Primary Care Network
5th October	Hopes and Wishes Fundraiser
11th October	NHS Blood Donations
19th October	Alton Model Railway Open Day
19th October	Alton Concert Band Concert
7th November	Macmillan Fundraiser
15th November	NHS Blood Donations
23rd November	Alton Concert Band Concert
26th November	Cardiac Rehab Annual Lecture
6th December	NHS Blood Donations
Christmas Events	(see page 32)

Please email info@maltings.life for event information, and we can connect you with the organisers.

If you have an event that you would like mentioned in our next issue of "What's Brewing?" please email whatsbrewing@harvestchurch.uk

Sundays

with harvestchurch



We gather together every **Sunday at 10:30am** for worship, Bible teaching, and prayer. The Source are our fun and engaging groups for children and youth aged 0-14, which run during our adult meeting.

Our building is fully accessible for wheelchair users, we have amplification for hearing aid users, and we offer Makaton signing of our worship.

Guests are always welcome.

NEXT STEPS>>>

ALPHA

Starts 23rd & 25th September 2024

Alpha is a great way to explore the Christian faith. Each week we enjoy food together, watch a short film about a big faith question and discuss it in small groups. Everyone is welcome to come and find out more, and say what they think.

WELCOME EVENTS

Welcome Lunch 6th October 2024

We run welcome events throughout the year. These are a great opportunity to meet some of our leadership team. Come for a chat and help us get to know you as you find out more about Harvest Church.

MEMBERSHIP

Exploring Membership 20th October 2024

Our membership mornings explain our vision and the values that shape who we are as a church. They also give you the opportunity to ask questions and decide whether you want to become a part of our Harvest Church family.

FOUNDATIONS

Our foundations course is aimed at people who are new to the Christian faith. Building on from Alpha these easy to follow weekly sessions introduce the essentials of Christian living.

BAPTISM

Baptism is an important step on the road to following Jesus. It's a public declaration of your commitment to live for Him. If you're a new Christian, or have not been baptised as a believer, this may be the next step for you.

LIFE and INTEREST GROUPS

We want everyone who is part of Harvest Church to find friendship, grow in their love of God and their love for people. Our Life and Interest groups offer a great chance for people to do that. For Interest groups see pages 28-29, and pick up a Lifegroup flyer from Alton Maltings.

To find out more about any of the above, please speak to any of our leaders or:

Email : admin@harvestchurch.uk

Telephone : 01420 81950



THE SOURCE



By Hannah Turner
Children and Families
Ministry leader

We are bubbling over with excitement for the autumn term packed with fun, friendship and faith-filled adventures! Some key dates not to be missed:

Prayer Project 15th September

Following our fantastic **Worship Workshop**. Our next stop is the Prayer Project, where we will get the opportunity to dive deeper into the topic of prayer.

Thanksgiving Service 13th October

Parents are invited to give thanks for their children and ask the church to stand with them in guiding their children towards Jesus. If you are interested and haven't done this before, then please contact Hannah or a member of the leadership team and we can talk further about what is involved.

Spiritual Gifts Morning Saturday 9th November

While the adults spend the morning exploring **Spiritual Gifts** together, the children are invited to come and explore this topic with The Source team whilst having lots of fun at the Maltings.

Carol Service 15th December

Our family friendly carol service will also include an opportunity for our children to sing and drum along to one of the carols accompanied by an **orchestra**! Practices will be held the three Sundays before. Start warming up those pipes, fa lala lala... 🎵



Images from our Worship Workshop

THE SOURCE

Venue: **Alton Maltings**

Time: **10.30 – 11.45am**

Date: **Every Sunday during our morning gathering**

More info: www.harvestchurch.uk

Email: hannah.turner@harvestchurch.uk

Who are
we?

YOUTH LIFE GROUP

Youth Life Group, or YLG for short, is a group for youth in school years 10 to 13. From September our regular weekly meetings will be on a Tuesday evening at **Alton Maltings**.

Our sessions during term time have the following structure:
We start promptly at **7:15 PM** where we have discussions and Bible studies and explore a wide range of topics.

Then between **8:15PM** and **9:15PM** we have a social time where we engage in an array of activities, catering to diverse interests.

These include group activities, board games, consoles, quizzes, and much more; ensuring an engaging and enjoyable time for all. We also run a number of additional activities with at least one offsite activity a term.

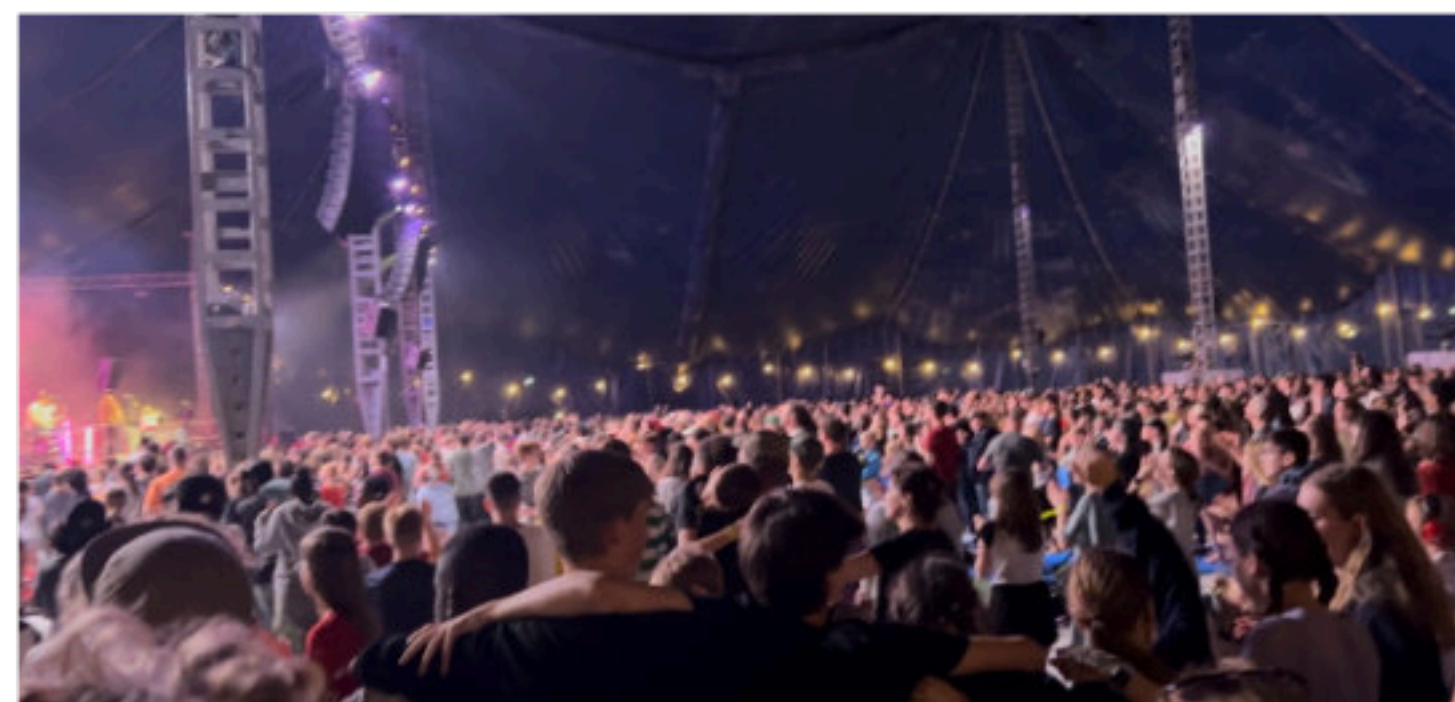
YLG

In July, 18 of our youth attended **Newday Christian Youth Festival**. We camped together with two other churches (52 of us in total) as part of the **10,000+** festival attendees.

We had an incredible week, hearing inspiring and provoking talks, participating in great discussions, engaging in worship and meeting with God. Our youth also enjoyed the organised sports, exploring shops, funfair rides, and tasting delicious food on offer. We had a great time being together, soaking up the vibrant atmosphere, getting to know each other, and getting closer to God.



If you are interested in joining us for Newday 2025 from **28th July to 2nd August 2025**, or to find out about YLG, please contact Tom at tom.evans@harvestchurch.uk for more information.



THE KING'S ARMS

Radical Hospitality

The King's Arms Youth Project (KA) is set to celebrate its 25th anniversary, marking a significant milestone in its ongoing mission to support young people in the Alton and Petersfield areas. Located at the bottom of Vicarage Hill in Alton, **KA** opens its doors daily during term time, offering a welcoming space for young people after school where they can engage in games, crafts, and receive essential support from dedicated youth workers.



KA's primary goal is to create a fun and secure environment that young people can truly consider their own. However, its impact extends far beyond after-school activities. KA collaborates with local schools to deliver both group and individual mentoring programmes, supports young people with additional needs, and offers specialised programmes for young carers.

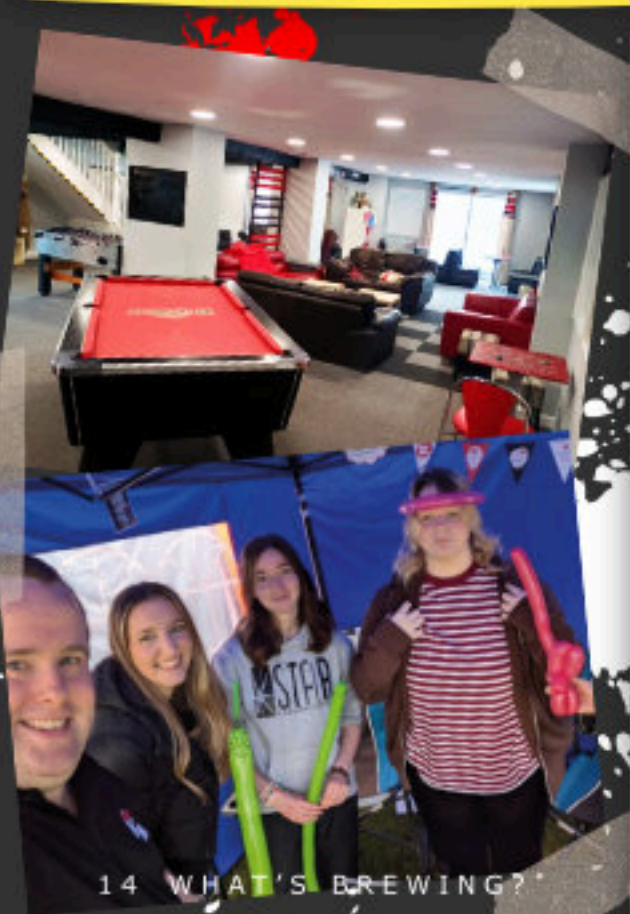
Established in Petersfield by a group of local churches, KA's origins are deeply rooted in its community-driven mission. This heritage remains integral to KA's vision and values, as evidenced by its Faith programme, which supports local churches in their youth work and encourages young people to explore faith in an engaging and accessible manner.

As KA celebrates **25 years** of service, its commitment to providing a supportive, inclusive, and dynamic environment for young people remains steadfast, continuing to make a significant difference in the lives of the youth it serves.

KA's presence extends beyond its physical location, as it frequently participates in local events and parades, often accompanied by its beloved mascot, **Ziggy the Zebra**. According to After-School Programme Manager Dom Clarke, KA serves a crucial role in the community by helping young people manage the pressures of school, home life, and friendships. Dom emphasises that KA is designed to be a **"home from home"**, providing radical hospitality, fostering new friendships, and offering a safe space where youth can confide in trusted adults like youth workers Matt and Naomi.

WHAT CAN WE DO??

1. Encourage young people to visit **KA** after school
2. Make one-off or regular donations at www.thekingsarms.org.uk/donate
3. Explore corporate funding or organize a fundraising event by contacting dom@thekingsarms.org.uk
4. Volunteer for various roles by emailing info@thekingsarms.org.uk





SPIRITUAL?



Come and explore what it means...

Sundays 10:30am

Our autumn preaching series
starting in September.

WEEK of ENCOUNTER⁺

8th-15th September

Take part in this wonderful opportunity to stop, reflect and allow God to refresh us.

We will have a dedicated quiet space in Alton Maltings and a daily devotional email. These will help us to pray and encounter God both as individuals and in groups.



SPIRITUAL GIFTS MORNING

Join us for a morning of exploring spiritual gifts, open to all ages.

Saturday 9th November 9am - 1pm



harvestchurch

One Church, Many Communities, Hundreds of Lives



Lighthouse



To find out more please email
connect@harvestchurch.uk
or tel. 0142081950

Bringing help, support &
encouragement to adults with
learning disabilities.

harvestchurch

One Church, Many Communities, Hundreds of Lives



Events Diary September - December 2024

Pull out and keep!

COMING UP...

September

1 st	International Sunday	10.30am	
2 nd	Men's Meal	7pm	The Ivy House
5 th	Hour of Prayer	8pm	
8 th -15 th	Encounter Week	Various	
9 th	Ladies Meal	7pm	The Crown Inn
11 th	Leaders Summit	7.30pm	
15 th	Encounter Evening	7.30pm	
23 rd	Alpha Evening Taster	7.30pm	Alton Community Centre
25 th	Alpha Daytime Taster	10.30am	Alton Community Centre
26 th	Coffee Morning	10.30am	
29 th	Church Family Meeting	7.30pm	

October

3 rd	Hour of Prayer	8pm	
6 th	Welcome Lunch	12.30pm	
7 th	Men's Meal	7pm	The Ivy House
13 th	Thanksgivings	10.30am	
14 th	Ladies Meal	7pm	The Crown Inn
20 th	Exploring Membership	10.30am	
24 th	Coffee Morning	7.30pm	
27 th	Reaching out into Alton's multi-cultural communities	3.30pm	Holybourne Theatre

*All events at Alton Maltings unless otherwise stated.
For more information please go to the online diary.*

harvestchurch.uk/diary

COMING UP...

November

4 th	Men's Meal	7pm	The Ivy House
7 th	Hour of Prayer	8pm	
9 th	Spiritual Gifts Morning	9am - 1pm	
10 th	Encounter Evening	7.30pm	TBC
11 th	Ladies Meal	7pm	The Crown Inn
13 th	Leaders Summit	7.30pm	
17 th -24 th	Gift Week	10.30am	
23 rd	Women Together	12.30pm	Alton Methodist Church
24 th	Welcome Lunch	12.30pm	
28 th	Coffee Morning	10.30am	

December

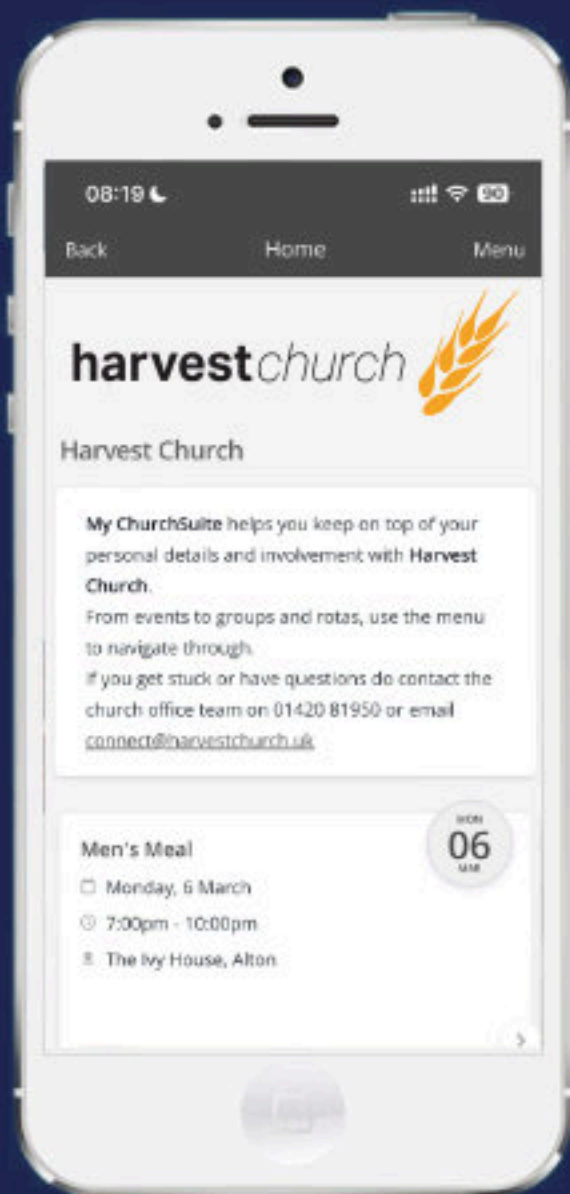
1 st	Church Family Meeting	7.30pm	
2 nd	Men's Meal	7pm	The Ivy House
5 th	Hour of Prayer	8pm	
7 th	The Wonder of Christmas	7pm	
9 th	Ladies Meal	7pm	The Crown Inn
15 th	Carol Service	5.30pm	
19 th	Coffee Morning	10.30am	
24 th	Christmas Eve	11.30pm	
25 th	Christmas Day	10.30am	
29 th	Celebration Sunday	10.30am	

harvestchurch.uk/diary

ChurchSuite

What is my ChurchSuite?

Serving Groups Rotas Calendar Directory & more...



For more information
please email
admin@harvestchurch.uk.

New to Harvest Church?

We would love to get to know you...

CONNECT CARD

Helps us to serve you and connect you with our Harvest Church Family.



WELCOME EVENTS

Get to know us!

To find out more please visit
<https://harvestchurch.uk/welcome>





WHO ARE WE?

Ordinary people, from all walks of life, ages and backgrounds who have met an extraordinary God and had our lives transformed through knowing His unconditional love and acceptance.

We are growing in our love for God and are learning to live life His way.

VISION

Our vision starts with knowing **who we are** - loved children of God and followers of Jesus, who are empowered by God's Holy Spirit, to share God's life-transforming love with others, in Alton and beyond.

CULTURE

Every group has a culture but it is not always clearly defined. Our culture is shaped by our faith in God and our relationship with Him.

WE SEEK TO BE

GENUINE

Helping each other be really real.

COURAGEOUS

Making brave choices, even when we are fearful.

THANKFUL

Having an attitude of gratitude.

GENEROUS

See the best, seek the best and share of our best.

and

SAFE

Looking out for and after all.

OUR STORY



We are Soji and Sonia Odukamaiya.

We moved to Alton two years ago from Nigeria with our three children. Life was tough at first. Sonia had a job, but we had nowhere to live. The property we thought we had secured was withdrawn and agencies would not rent to us because we did not earn enough.

We spent months in one room at a hotel in Four Marks, which depleted our savings and made it difficult for Sonia to get to work in Alton.

I (Soji) was unable to work as most jobs needed a DBS check, which I could not get without an address. This also prevented the children from starting school.

We were desperate but trusted God. As Christians we looked for a church and found Harvest Church. The church was loving and welcoming. Our new friends found us a property from a private landlord and completely furnished the house to turn it into a home.

“We were desperate but trusted God.”

We had previously visited the local school but they did not have spaces for our school aged children. But a friend took Sonia back before we moved. She met the Headteacher and was told they could now take both children. **We were amazed.**

We were also helped with job applications and soon I found a job I enjoy.

Life here is very different from Nigeria but our friends at Harvest Church have helped us adjust.

We thank God for leading us here and giving us such a great church family.

Soji and Sonia

This is my story

We love to hear stories of everything God is doing in and through our lives!

It could be answered prayer; steps of obedience to the Holy Spirit's lead, healing, salvation, provision, finding freedom or anything else...!

Please use our “This is my story” cards to share your story.

They are available from Alton Maltings, or you can email mystory@harvestchurch.uk

Interest Groups

Interest Groups are gatherings of like minded people who have a passion for an activity, a skill or developing their knowledge.

Interested?

You do not have to be part of Harvest Church to join an Interest Group. Please contact the group leader for more information.



Bible Reflection/Personal Study Group

Contact: Dave.
david@burnhamsfamily.co.uk
Saturdays Weekly. 8.30am- 9.45am

A group that gather on Saturdays to discuss a Bible passage that they have all looked at and reflected on during the previous week.



Classic Cars Group

Contact: Chris.
candsparis@aol.com
Saturdays Monthly. 9am-11am

Meet for breakfast and a chat at a local cafe. Bring your classic car, a friend or just your enthusiasm! Optional drive outs and visits to classic car shows. Plus a mid month curry night.



Cap Job Club

Contact: Alastair.
alastairsmith711@gmail.com
Tuesdays 24th Sept-26th Nov. 10am
Alton Maltings

A friendly place to get practical help and advice around employment. Discover your strengths, write a strong CV, develop all-important interview skills and re-build confidence.



Cap Money Coaching

Contact: Catherine Brown
catherinebrown@capuk.org
Wednesday 9th & 16th Oct. 10am-12.30pm
Alton Maltings

Specifically designed to help people transform the way they approach money, build a successful budget, keep track of what they spend and to save regularly..



Fresh Start

Contact: Mark.
mark1.rumsby@gmail.com
Wednesdays 9th Oct-11th Dec. 7:30pm
Alton Maltings

Fresh Start supports people who want to change a life-controlling habit. Working through a 9-week course to help tackle and break free from these dependencies.



Ladies Meal

Contact: Jan.
kenandjan@mayl.co.uk
2nd Monday Monthly. 7pm
The Crown Hotel

Enjoy a relaxed evening with good food, great conversation, and a drink. A fantastic opportunity to invite your friends. No booking required, just turn up.



Lighthouse

Contact: Sue.
Suebatstone.sb@gmail.com
2nd, 4th Wednesdays. 7:15pm-8:30pm
Alton Maltings

A group open to adults with special needs who would like to join with others, make new friends and learn about God's love.



Men's Meal

Contact: Chris.
candsparis@aol.com
1st Monday Monthly. 7pm
The Ivy House

Enjoy good food, great conversations, and a drink. A fantastic opportunity to invite your mates. No booking required, just turn up.



One Way

Contact: Glenda or Terry.
glendablandford@yahoo.co.uk
Wednesdays. 10am- 3pm
Alton Maltings

An opportunity for anyone looking for friendship and to grow in confidence. Enjoy games, puzzles, art or chat over a cuppa.



Sewing and Crafting Group

Contact: Lynn.
Lynn_cg@btinternet.com
3rd Saturday Monthly. 10am-12:30pm
Alton Maltings

If you enjoy sewing or crafting, we would love to welcome you to our group. Try something new or bring along your own project or craft; together with, of course, tea and cake.



Walking Group

Contact: Debbie.
debhaddow@gmail.com
Fridays. 2pm

Come and enjoy 5 mile walks. Great for getting to know others. Waterproofs and sturdy footwear essential ...!



Yarn and Natter

Contact: Sarah.
candsparis@aol.com
3rd Thursday Monthly. 2pm-4pm
Alton Maltings

A chance to gather with like-minded people, have a good chat, eat cake and do some knitting or crochet. You are welcome to attend as a one off and we are able to teach beginners too.

Alternatively if you would like to start a group please email -
connect@harvestchurch.uk

GAMBLING TOO MUCH? ...OR TOO OFTEN?

**Fresh
Start**



**Fresh
Start**

Support to help you discover freedom.

<https://harvestchurch.uk/fresh-start>



Cardiac *Rehab* @altonmaltings

Basingstoke & Alton *Cardiac Rehabilitation Charity Ltd*

On 23rd November 2023, Sir Paul Nurse, Nobel Laureate and Director of the Francis Crick Institute, delivered the Cardiac Rehab Autumn Lecture at Alton Maltings. Over 300 attendees were captivated by his talk, "What is Life."

Sir Paul, known for his work on cell division, explored five ideas he believes define life: the cell as life's fundamental unit, DNA and genes shaping organisms, Darwin's evolution by natural selection, life as a series of chemical reactions, and life as information. He shared his fascination with insects, adding depth to the lecture.

A Q&A followed, addressing cell division and T cell responses. Dr. Andrew Bishop, consultant cardiologist, thanked Sir Paul for his contributions to science and for inspiring hope in life's resilience. He compared evolution's adaptability to the Cardiac Rehab Centre's 30-year evolution in addressing heart disease and now cancer rehabilitation.

The event raised funds for the Basingstoke and Alton Cardiac Rehabilitation Charity. CEO Sarah Quarterman thanked Sir Paul and the event sponsors, Sheen Stickland, emphasising the charity's reliance on such events for funding their heart and cancer rehabilitation work.

The evening featured a reception with wine, soft drinks, and homemade canapés, and Sir Paul signed copies of his book, "What is Life." The event raised £8,900, supporting the charity's mission.



Dr Hugh Bethell, Dr Andrew Bishop and Sir Paul Nurse.

Cardiac Rehab's next Annual Lecture will take place at The Maltings on 26th November (7pm reception with wine, for 8pm). It features Kay Linnell, former Treasurer and Vice-Chair of the Expert Witness Institute, a forensic accountant who worked on the Post Office's Horizon system scandal. She continues to fight for justice for those affected. Tickets available soon - £27.50 from www.cardiac-rehab.co.uk/events

It's coming...



December

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Harvest Church have an exciting lineup of Christmas events this year. Save the dates and join us in our festive celebrations!

Details will be available at

harvestchurch.uk/christmas

from the beginning of November 2024.

Alton Concert Band,
Alton Choral Society & Ancora
Present in aid of

FREE
ENTRY

HOME
START

The Wonder of CHRISTMAS

A CONCERT OF CHRISTMAS
MUSIC & CAROLS

Saturday 7th December 2024

Doors open 6.30pm for 7.00pm

Alton Maltings

Entry only with a ticket
available from 8th November via
www.altonchoral.org.uk
or scan this QR code



Sponsors:

Alton Maltings - Focus Stoves - Wildly Upbeat

NEW Websites

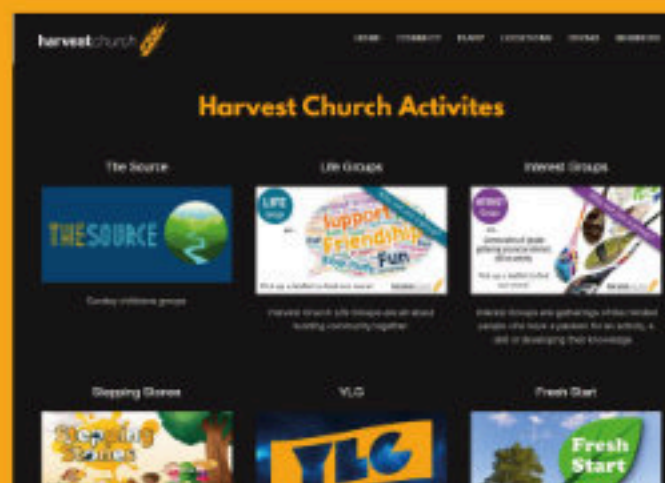
In June this year we updated our **Alton Maltings** and the **Harvest Church** websites to better serve our community, visitors and clients.

The new **Alton Maltings** website is designed to make it easier for you to find information about our rooms and the variety of services we offer. Whether you're looking to hire a space for an activity/event or learn about the rich history of our building, our site provides all the details you need. Additionally, we've included a new **360-degree tour** feature that allows you to virtually explore our historic building from the comfort of your home. You'll also find direct links to Harvest Church, making it simple to stay connected with both our community and our facilities.

Our **Harvest Church** website has also undergone significant enhancements. You'll now find information about our leadership team, the various ministries we run, and the groups you can join. Details about our meetings, the online version of our **"What's Brewing?"** magazine, and our diary, are all readily accessible. Additionally, there's important information on how to give and links to our members area for further engagement.

Both websites now feature live chat options, allowing you to get your questions answered in real time.

We invite everyone to visit our updated websites. Explore the Alton Maltings site to discover more about our services and history, and check out the Harvest Church site for a deeper connection with our community and activities. **We look forward to welcoming you online!**



harvestchurch.uk



maltings.life

Social Prescribing: Your Bridge to Better Wellbeing

In 2019, the A31 Primary Care Network decided to employ a social prescriber to work within the local area. Here Sylwia Tickle explains more about their role.

At The Wilson Practice, Chawton Park Surgery, and Boundaries Surgery, a dedicated team of social prescribers—Sylwia, Emilia, Chrissy, and Sarah—work tirelessly to enhance community wellbeing. Their efforts are aimed at supporting patients with a variety of needs, providing a crucial complement to the medical care offered by these practices.

Mission and Approach

The role of social prescribers is to address the non-medical factors that impact health, such as mental health challenges, housing issues, financial difficulties, and social isolation. By bridging the gap between medical services and community resources, they offer personalized support to each individual, tailored to their unique circumstances.



Areas of Support

Social prescribers provide a wide range of services, including:

- Care Needs: Arranging in-home support, connecting with carers, and finding respite care options.
- Mental Health: Linking patients with mental health services, support groups, and counselling.
- Housing: Collaborating with local agencies to secure safe accommodation and resolve landlord disputes.
- Finances: Guiding patients on managing finances, accessing benefits, and finding financial support.
- Physical Activities: Connecting patients with local exercise programs, walking groups, and sports clubs.
- Social Isolation: Organising community activities and social groups to combat loneliness.

Community Engagement

Throughout the year, the team hosts events focused on health and wellbeing, tailored to address the specific health concerns within the Alton community. These events, which include mental health workshops and fitness sessions, provide opportunities for community members to meet experts and gain valuable insights. Details of upcoming events can be found on the notice boards at the practices or the A31 Primary Care Network website: www.a31pcn.co.uk

Reaching Out

The social prescribers are committed to ensuring that no one in the community feels alone or unsupported. Whether you have a minor concern or a significant issue, they are available to listen and guide you toward the appropriate support. Their work is driven by a desire to make a positive difference in patients' lives, ensuring access to the support needed for a healthy, fulfilling life.

For assistance, contact Sylwia, Emilia, Chrissy, or Sarah at any of the three practices. Together, they are helping build a stronger, healthier community.



NHS
Providing NHS services



Health & Wellbeing
at the Heart of
Our Community

Alton Primary Care



DONATIONS OF METAL

WANTED

What do we need?

Any item that contains: aluminium, copper, brass, lead, stainless steel, gold or silver.

How can you donate?

Either drop-off at **Alton Maltings**, or for large items please call **John** on **07970 540 961**.

What do we do?

Changing Lives raises money to support teams and initiatives in some of the world's poorest communities.

Read more about what we have done previously at facebook.com/changinglives



We can recycle...

- Tools & fixings
- Watches
- Car batteries
- Mobile devices
- Copper or lead pipes
- Taps & old plumbing
- Desktop computers
- Computer components
- Cutlery
- Any electrical cables
- Domestic wiring
- Electrical items
- Aluminium foil & trays
- Drinks cans
- Pots & pans
- Stainless steel sinks
- Lead balloons & crowns
- Etc...



Non-magnetic items are best please
and we cannot take fridges or freezers

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