



Dementia-friendly Alton



The Queen's Award for Voluntary Service

To find out about dementia-friendly activities in the area go to:
www.dementia-friendly-alton.org.uk
Follow and promote / share us on Facebook (Dementia Friendly Alton)
Twitter - @DemFriendsAlton
To receive an electronic copy of this newsletter or make an enquiry email:
dementia_friends@btinternet.com
Speak to local Dementia Champion call 07922 022321

Newsletter

Number 32

Jan - Feb 2023



Reflections on 2022



Plans for 2023 – View of the week

Mondays – Creative & Curious at Allen Gallery – 1030-1230

This amazing collaboration with Hampshire Cultural Trust Starts on Monday 13th February - Check website for details.

Mondays – FLOURISH at the Sensory Garden – 1400 – 1600

Starts on Monday 13th February at the Town Park- check website

Tuesdays – Allotment Group meets 1300 - 1530 – Join the gang and pupils from Anstey School to help on the Allotment (Wooteys) call 07922 022321 to confirm – check website for dates in winter.

Tuesday (twice a month) – Love to Move at Orchard House

1400 – 1500 – Check website for dates

ALTON COMMUNITY CENTRE – MEMORY LANE CLUB

EVERY Wednesday – join us ALL day or pick a session:

1030 – 1100 – Meet with Dementia Friends in the Garden/Cafe

1100 – 1230 – Crafts / Quiz / Games / Carer Connections

1230 – 1300 – Love to Move or Tai Chi

1300 – 1400 – Lunch break at your leisure

(Regency Café will be open)

1400 – 1600 – Horticulture / Memory-books / Games and

Afternoon Tea with pupils from St Lawrence School

Thursdays – Events at the British Legion

Legions Legends - From 1400 - 1530 on the second

Thursday of every month – check website for details

Tea Dance - From 1330 – 1530 on 26th Jan & 23rd Feb

Join Paul O'Brien School of Dance, – check website for details

EVERY Friday – Music Café at Alton Community Centre:

1100 – 1215– check website for the act booked.

Coming soon to Friday pm Walkfit / Holistic Therapy

Sundays – Culture Club in collaboration with Allen Gallery

Check website for dates and times as these vary



The Queen's Award for Voluntary Service

The MBE for volunteer groups



Volunteering with Dementia-friendly Alton

As 2022 recipients of the Queen's Award for Voluntary Service, the highest award within the Voluntary Sector, we have many amazing volunteers, who are rewarded by: having fun whilst meeting new people; sharing and gaining new skills & making a real difference to their community

Join us, there are many opportunities:

- Supporting our members with arts / crafts
- Joining in singing, movement & dance
- Help out with gardening in four locations
- Join Well-being Days at Alice Holt Forest
- Fundraising and administration support
- Volunteer drivers and support for events

FULL INDUCTION AND TRAINING PROVIDED

Next Volunteer Training course commences Feb 2023—Register **NOW** Click on QR code or call 07922 022321

dementia_friends@btinternet.com

In loving memorythank you for donations

Our sincere thanks go out to the families of past members, Judy Snelling and June Peach – sending you our love and best wishes for 2023