

# News July - Sept 2016



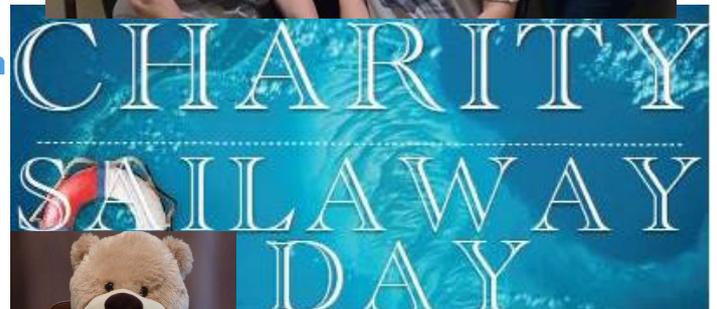
Karen Murrell and Clare Beck of Dementia-friendly Alton with Shirley Jennings of Alley Cats, who donated over £350.00 to support the work of the group, following a raffle held at their 20th Anniversary celebrations. A big THANK YOU and Happy Birthday to Alley Cats

More information on website: [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

## 'GET ON BOARD' WITH DEMENTIA-FRIENDLY ALTON

Launching the new logo for Dementia - friendly Alton with the slogan 'Get on Board', during Dementia Awareness Week in May 2016 and continuing into June, over £400.00 was raised with support from Orchard House, Chawton Park Surgery, John Partridge, Kate Dando, Methodist Church and the Alton Community Centre

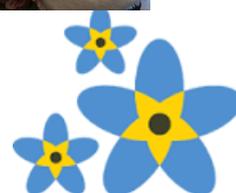
To join the Dementia-friendly Alton initiative or share relevant news please contact us - see details overleaf



Competition Winners  
Bear's Name - Oscar  
Winner of Bear - M. Bayliss  
Bear's Date of birth - 20th August  
Winner of Sailing Day - M. Plumb

**Dementia  
Friendly  
Hampshire**

Newsletter  
Number 9



Working to become  
**Dementia  
Friendly**

# Dates for your diary

## Dementia Friends Sessions

Contact Dementia-friendly Alton if you would like a 'Friends' session for your group / organisation.

Check / book a place at nearby Dementia Friends sessions at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

Follow the Dementia-friendly Activity in your local community on Twitter

@DFAlton



Connect to 'Dementia-friendly Alton' on facebook, like our page and help us share all our news



For up to date news check out our website [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)



For an electronic copy of this quarterly newsletter - please send your details to: [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)



To speak to a local Dementia Champion call **07922 022321**



## July

4

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

4, 11, 18, 25

'Pop in Club'  
15.30 - 18.30 at Alton Station Cafe - see over for more details

7

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

12

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See over for more details

13

Library Group  
2-4pm  
Alton Library  
See over for details

14

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

17

Alton Bus Rally  
10 am - 4 pm  
Anstey Park

22

Sip and Share Afternoon Tea  
3 - 4.30pm  
Marlfield Care Home, Alton  
See over for more details

## August

1

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

1, 8, 15, 22

'Pop in Club'  
15.30 - 18.30 at Alton Station Cafe - see over for more details

4

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

9

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See over for more details

11

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

No Library Group  
in August

19

Sip and Share Afternoon Tea  
3 - 4.30pm  
Marlfield Care Home, Alton  
See over for more details

## September

1

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

5

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

5, 12, 19, 26

'Pop in Club'  
15.30 - 18.30 at Alton Station Cafe - see over for more details

8

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

13

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See over for more details

14

Library Group  
2-4pm  
Alton Library  
See over for details

16

Sip and Share Afternoon Tea  
3 - 4.30pm  
Marlfield Care Home, Alton  
See over for more details

24

Vintage Car Show  
All day - throughout  
Alton

# Guide to local Dementia-friendly Activities

**Dementia Advice Service** - For people with dementia, their carers, family and friends. Home visits or local meetings can be booked with Sarah Gardner on Mon / Tues / Thurs each week. Contact Sarah - [dementiaadvicebasingstoke@andovermind.org.uk](mailto:dementiaadvicebasingstoke@andovermind.org.uk) or on 07827 317650 or 01256 423829

**Station Cafe 'Pop in' Club** - Each Monday from 3.30 - 6.30 pm for more mature members of the community. Come along and enjoy a cuppa and some home made cake! Small contribution to cover cost of coffee / tea.

**Enjoy Singing** - Come and sing at the day care centre at Alton Community Centre. First Monday (Tues if BH) of each month - costs £2.50 per person (includes tea/coffee), from 1.30pm and singing from 1.45pm to 2.45pm. Booking is essential, so please call the ACA office on 01420 85057 to reserve your place.

**Sip'n'Share at Marlfield Care Home** - Monthly (Friday) afternoon - tea and activities event. Please call Janette Kuttner, Home Manager, Marlfield on 01420 593960 for more details if you would like to attend.

**Alton Library Group** - Second Wednesday of the month from 2-4 pm. Contact 01420 85734 for details or to request car service. **No meeting in August**

**Alton Rendezvous** - A support group run by Carers Together for carers and the cared for. Held at the Assembly Rooms on 2nd Tuesday of each month from 1.30 - 3.30 pm. Assembly Rooms, High Street, Alton, GU34 1BA - 01794 519495

**Carer's Hub** - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Claire Skilton 07769 170246 for information. Health checks for Carers are available at each meeting. Provides a vital opportunity for Carers to look after themselves.

**Legion's Legends** - A free social group for ex-service personnel and people with an interest in the military. An opportunity to chat and share stories in a safe and supportive environment. Held at the Alton British Legion from 2-3.30 pm on the second Thursday of each month. Contact Sarah Gardner on 07827 317650 or Pat Murrell on 07771 790228 for more information



## Dementia-friendly Alton Members Corner



**Home Instead** - Promote independence and dignity for their clients by identifying specific needs and aspirations through a variety of care and support options – from short term support when returning home from hospital stays to long term conditions with more complex and specialised needs. Home Instead CAREGivers are trained specialists in Dementia and Alzheimer's Care. As a Dementia Friends Ambassador, Mike is keen to support local services for dementia. A big THANK YOU to Mike for donating £60 to enable us to buy an event gazebo.

**Mike Colvin, proud owner of Home Instead East Hampshire and Midhurst**

**Chawton Park Surgery** - The surgery continues to provide a very useful information pack for people newly diagnosed with dementia. The folder and base contents of the pack are supplied by Dementia-friendly Alton. Thanks to the Surgery for donating an amazing £87.34 from their book sale to Dementia-friendly Alton.



Chawton Park Surgery



**Orchard House** - For the second year running, the staff and residents held a coffee morning for Dementia-friendly Alton during Dementia Awareness Week - donations amounted to over £65.00. **THANK YOU TO ALL WHO SUPPORT THE WORK WE DO**

# News from Dementia-friendly Alton members and supporters

Support is available from the Alzheimer's Society. Our local office is in Basingstoke - contact Anne Luneburg:  
Office address - Ground Floor, Room 3,  
8 Chequers Road, Basingstoke  
Hampshire, RG21 7PU  
Tel: 01256 363 393 / 07590 417362  
Email: [basingstoke-district@alzheimers.org.uk](mailto:basingstoke-district@alzheimers.org.uk)

Leading the fight  
against dementia

Alzheimer's  
Society



**Out and About with Ambassador Terry Eccott** - (Left) Working with Debbie Abrahams (MP), Terry and his son Jake, follow on with a tour of the House of Commons and refreshments on the terrace overlooking the Thames. (Right) With Alzheimers Society Chief Executive Jeremy Hughes and Nina Hossain on the **ITV NEWS**, to launch Dementia Awareness Week in May 2016. (Courtesy of ITV news)

**Holybourne Theatre's** production helped to raise awareness of dementia by following the story of a couple and their families through the decades, with sensitivity, humour and insight. In addition to 25% of proceeds being donated to the Alzheimer's Society, the retiring collection of just over £50.00 was given to support our work.



Janette Kuttner, Manager at Marfield Care Home, along with staff and visitors held a successful dementia awareness session ahead of their first 'Sip and Share' event. An new monthly open afternoon event for people living at home and their carer to share a 'cuppa' and enjoy a sociable activity. See dates and contact details on diary page.

**Come and visit us on the vintage double  
decker bus at the Alton Bus Rally on  
Sunday 17th July 2016**

