



**Dementia  
Friendly  
Alton**

Charity Number - 1202095



The Queen's Award  
for Voluntary Service



MEETING CENTRES UK  
ALTON MEETING CENTRE

Number  
**43**

Contact us – [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com) - 01420 551455

# Newsletter - April - June 2025



## Happy 1<sup>st</sup> Birthday in our new venue

It's hard to believe that following our initial refurbishment of the venue from January to March 2024, which involved redecoration throughout, new toilets, upgrading performance facilities and installation of a stairlift, our members have the amazing facilities for a full year. Work continues to enhance the venue for the whole community, creating a warm and welcoming information hub in the heart of the community. If you haven't popped in yet to see the amazing new space – please do – some extra dates for your diary in addition to weekly programme on back page

**5<sup>th</sup>–9<sup>th</sup> May – VE week special events**

**16<sup>th</sup> May – another dance day!!**

**19<sup>th</sup>–23<sup>rd</sup> May – Dementia Action Week**

**9<sup>th</sup>–15<sup>th</sup> June – Carers Week**

**21<sup>st</sup> June – Regency Coffee Morning**



## Huge thanks for recent donations

Laleham Healthcare - £500.00

White Horse - £500.00

John Maries £60.60

Alton Lions - £500.00 to set

Up Counselling for Carers

National Lottery-Grants for All

- £20,000.00 for Keeping  
Active & Living Mindfully programme



Scan QR code below to **DONATE**



MEETING CENTRES UK  
ALTON MEETING CENTRE



**COMMUNITY  
FUND**



## DANCE CLASS FOR CARERS



Caring for you  
Alton Assembly Rooms

EVERY WEDNESDAY FROM 1-2 PM  
STARTING 15TH JANUARY 2025

Exercise to music at your own pace -  
option to use chair

NEW FOR 2025

Physical activity opportunity for Adult Carers

- Informal and relaxed
- Work at your pace
- Move to Music
- Make new friends
- Carer support



COME AND HAVE FUN  
£3 includes cuppa  
For more info contact  
01420 551455

Centre for Health and  
Wellbeing - GU34 1BA

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## NEUROACTIVE CHAIROBICS



GENTLE

EASY TO FOLLOW

LAST WEDNESDAY OF THE MONTH 3-4 PM  
STARTING JANUARY 29TH 2025

Chair based exercise to music with  
optional standing

NEW FOR 2025

Suitable for those living with neurological conditions

- Stroke
- Multiple Sclerosis
- Parkinsons
- Dementia

COME AND HAVE FUN  
£3 includes cuppa after  
CARERS FREE

FOR MORE INFO

01420 551455

Alton Assembly Rooms  
GU34 1BA - Accessible

Made with PosterMyWall.com

## New Group for people living with Early Onset Dementia

## Rural Health on the High Street

Rural Event at Froyle Village Hall,  
30/04/25 – 10am-2pm

See you there – we will have a stand

MEETING ON THE 3rd THURSDAY  
OF THE MONTH AT  
ALICE HOLT FOREST  
GU10 4LS

Dementia Friendly  
Hampshire

**NURTURE  
GROUP**

A YOUNG ONSET DEMENTIA PEER SUPPORT GROUP  
OPPORTUNITY TO SOCIALISE IN FOREST SETTING  
KEEPING ACTIVE - TIME TO RELAX AND CHAT  
INCLUSIVE BIKES - WALKING - YOGA  
FAMILY-FRIENDLY ACTIVITIES  
OTHER OUTINGS / EVENTS TO BE AGREED

STARTS 16 JAN 2025  
10 AM - 2 PM  
FREE TO ATTEND



For more details, email us at  
dementia\_friends@btinternet.com; call us on  
01420 551455 or visit  
www.dementia-friendly-alton.org.uk



HEALTH ON THE  
HIGH STREET

AT ALTON ASSEMBLY ROOMS



### OUR SERVICES



#### WARM HUB

ENJOY FREE HOT DRINKS IN A  
RELAXED, WELCOMING SPACE.



#### SUPPORTIVE ENVIROMENT

TALK TO ADVISORS ABOUT YOUR  
WORRIES, HOUSING, FINANCES,  
MENTAL HEALTH, ETC.



#### NO APPOINTMENTS NEEDED

THE HUB OFFERS FREE, WALK-IN  
ACCESS TO A RANGE OF SUPPORT  
SERVICES IN OUR COMMUNITY.  
WHETHER YOU NEED GUIDANCE,  
SIGNPOSTING TO LOCAL  
RESOURCES, OR JUST A FRIENDLY  
FACE TO TALK TO, WE'RE HERE  
FOR YOU.

YOUR LOCAL HUB FOR  
SUPPORT AND WELLBEING

FREE WALK-IN ACCESS TO  
A RANGE OF SERVICES IN  
OUR COMMUNITY.  
EVERYONE WELCOME!

### Our Partners



### LOCATION

The Hub is open every  
Wednesday from 10 AM to 2 PM  
at Alton Assembly Rooms,  
High Street, Alton  
GU34 1BA

If attending with small children, please make sure they  
are supervised by an adult at all times.





At Pax Hill we recognise that every dementia journey is different. We offer person-centred, compassionate care in a modern, purpose-built care home.

- 24 Hour Care Staff
- Comfortable rooms with en-suite wet rooms
- Beautiful grounds in the Hampshire countryside
- Dedicated wellbeing and activity coordinators
- An activities programme tailored to individual needs
- Great food and menu choices with meals cooked in house

If you or someone you know is considering making the step into a care home, speak to us and find out what makes Pax Hill a special place to live. To find out more or to arrange a visit contact Angela on **01420 525882** or **mail@paxhill.co.uk**



### DEMENTIA - INSIGHTS, RESEARCH AND HOPE

Please join us for an informative talk about Dementia by Alzheimer's Research UK on Tuesday 20th May at 2pm.



Topics covered include:

- What is dementia
- Modifiable risk factors
- Genes and dementia
- Brain health
- Latest developments in research

**Refreshments provided**

To book a place please contact Angela



**PAX HILL**  
Care home for the elderly

Pax Hill Care Home,  
Pax Hill, Bentley,  
Hampshire GU10 5NG

**01420 525882 | mail@paxhill.co.uk | www.paxhill.co.uk**   

People don't live in our workplace,  
We work in their home.



**ALTON PLACE - NEW CARE HOME / DAY CARE SERVICES coming JULY 2025**

## Alton Place Care Home



Hartford Care has opened a show suite at its new care home, Alton Place in Alton, Hampshire, which is due to open to residents in July this year.

The state-of-the-art home will offer expert-led residential, dementia, day care, end of life care, and respite breaks across its 67 en suite bedrooms. Alton Place also features a cinema room, café, hair and beauty salon, residents' lounges and dining rooms with lifestyle kitchens, along with landscaped gardens for residents and their families to enjoy.

"Our registered manager, Gurmeet Ubhie has been with Hartford Care for over 14 years and has managed our Boulsters Lock care home in Maidenhead and our recently opened home, Cotswolds Rise in Swindon, and she is eagerly awaiting the opening of Alton Place!

"We're already a proud member of the Alton community with our Belford House care home in nearby Four Marks, and we're pleased to be able to bring our expertise and 'home from home' ethos to more people in the local area."

**hartfordcare**





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ALTON MEETING CENTRE

**APRIL 2025 - Programme for Health and Well-being provided by:**

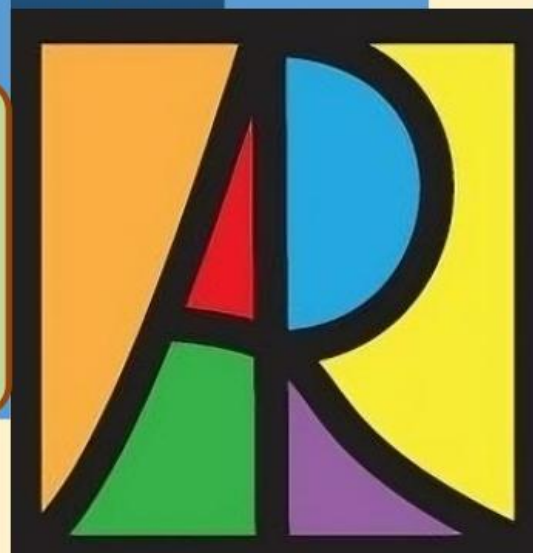
[www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

Call for more information 01420 551455

Or Email - [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)

Day Time	MON	TUES	WED Health Hub 1000 - 1400	THURS	FRI	SAT	SUN
1000 - 1100	Tea and chat every weekday – Pop in for a cuppa & catch up with other members and carers before the sessions start. Centre staff will be undertaking preparation and admin for the day						
1100 – 1300	Creative and Curious	1100-1200 Fit Steps with Glenda and Lesley  Time for tea and chat	Carer Support (Princess Royal Trust)  Weekly Health Checks  Memory Lane (Crafts/Tai Chi/ Reflexology)	Health Walk @ 1000  1100-1145 Golden Grooves and/ or Bowls	1100-1230 Music Café/ Dementia Choir  Legal Surgery (1 <sup>st</sup> Friday)	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest (Mar-Dec)	
1300 – 1330 - Friendship Lunch (Mon/Wed/Thurs/Frid) – join with friends for Group Lunch session (Fish and Chips on Friday)						See website for details	
1330 – 1530	1400-1530 Love to Move  1400-1600 Garden Gang @ Town Park	1300-1400 Wellbeing Walk (1 <sup>st</sup> Tues / TBC)  1430-1530 Yoga with Rebecca James  Time for Volunteers (Induction / Drop-in / Interviews / Training )	1300-1400 Get Active for Carers  Indoor Games OR Garden Gang @Town Park / Station / Assembly Rooms  1500 – 1600 MONTHLY (Last Wed) Neuroactive chairbics  1630 – 1730 Yoga with Sue Tupper	Heritage and Culture Club (Memory Book / Movies / Quiz / Guest speakers ) Garden Gang @ Allotment	1330-1530 Grand Tea Dance in the Ballroom  Counselling for Carers (TBC)		

**NURTURE GROUP**  
Young Onset Meeting  
3<sup>rd</sup> Thurs 10-2  
Alice Holt



**Centre for Health and Well-being at Alton**  
Assembly Rooms - Centrally located in  
Alton High Street, GU34 1BA