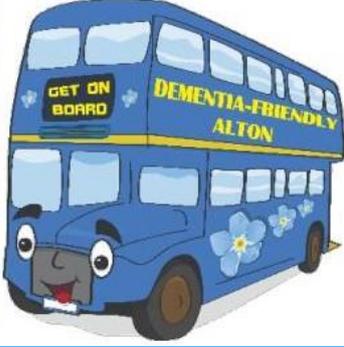




The Queen's Award  
for Voluntary Service

# Dementia-friendly Alton

Charity Number - 1202095



## Newsletter Number 39 March-June 2024



**Its all GO at the Assembly Rooms – we're getting ready for the MOVE!**  
**Good Friday – 29<sup>th</sup> March** – First session at Assembly Rooms for our members – Choir, Lunch & Tea Dance

**Friday 5<sup>th</sup> April – Grand Opening**  
See inside for details – do come along!

**13<sup>th</sup> or 14<sup>th</sup> April 2024 – 10-12 or 2-4**  
Introduction to Volunteering with Dementia-friendly Alton – pop in for a cuppa and a chat to find out more or call 01420 551455 to book a visit

**Friday 17<sup>th</sup> May – Information Day**  
As part of Dementia Action Week - pop in to join in the singing and dancing and visit one of the many information stands  
See inside for details

**Wednesday 12<sup>th</sup> June – Tea Dance**  
A special afternoon to treat carers during this special week – See inside !

**Huge thanks for recent donations**  
K. Dando – £50  
B. Lovett – £200  
Holybourne Lodge - £150  
Peace Walk - £450  
Resurrection Furniture £1000



**Loving Memory** - Best wishes are sent to family and friends at the recent, sad loss of both Martin Sadler and Ron Jackson-Smith – missing two very special gentlemen from our group and the family and friends of Patricia Wood. Huge thanks to all families for their kind donations.



Scan QR code below to **DONATE**



## Friday 5<sup>th</sup> April – Grand Opening – ALTON ASSEMBLY ROOMS

Join us as we celebrate with a 'House warming' in our New Home  
Alton Assembly Rooms from 1000 – 1600

Tea and Chat

Singing with the Memory Choir

Networking over lunch time

Presentations - Shine Dental, Princess Royal

Trust for Carers & KJCoX Solicitors

Tea Dance with Music from Kevin Jacot

Visit stands for local support and information



## Friday 17<sup>th</sup> May – Information Day – 1000 - 1600

As part of Dementia Action Week – in addition to our usual Friday activities we have a whole day of information sharing regarding local and National Dementia support



Tea and Chat

Regular Friday Singing Session

Lunch time 'nibbles' available

Visit stands and networking through the whole day

Tea Dance in the afternoon

Dementia Awareness Session

## Wednesday 12<sup>th</sup> June – Tea Dance

A very special afternoon to treat Carers during Carers week

Tea Dance for All

Get your dancing shoes on to chaise round the amazing hall at the Alton Assembly Rooms

Information and 1-2-1 support available for carers throughout the day



**Dementia-friendly Alton are so excited to be sharing the news of the increased support now available from the extended Alton Meeting Centre at the Assembly Rooms**

**See back page for an overview of weekly timetable available from April 2024**

**Contact details on back page for more information or just pop in and see us from Monday to Friday between 1000 – 1600 (from 1<sup>st</sup> April at the Assembly Rooms) – the ‘door is always open’ and the ‘kettle is on’!**



**MEETING CENTRES UK  
ALTON MEETING CENTRE**

**Transport options now available in partnership with Driving Miss Daisy**



**ALTON FILM CLUB  
Coming to  
Alton Assembly Rooms  
from April 2024**

**Fortnightly Films on a Sunday evening – only £6.00 to attend**

**Arrive from 6.30 pm for 7 pm start time**

**Licensed Bar and Snacks available**

**First film date - Sunday 7<sup>th</sup> April**

**Oppenheimer**

<b>Forthcoming dates:</b>	<b>Sunday 21<sup>st</sup> April</b>
<b>Sunday 5<sup>th</sup> May</b>	<b>Sunday 19<sup>th</sup> May</b>
<b>Sunday 2<sup>nd</sup> June</b>	<b>Sunday 16<sup>th</sup> June</b>

**Future Films – You decide – Join our Film Club!**

**Scan QR Code below to book your place & pay on arrival**



**Foot Health Practitioner  
coming to this venue soon  
Wednesday appointments  
from April 2024**

- General Foot Care
- Nail Cutting
- Hard Skin Removal
- Corns and Calluses
- Fungal Nails
- Veruccas
- Ingrown Toe nail
- Thick Nail Reduction
- Foot Pain Relief
- Diabetic Foot Care

**Beth Wills DipFH  
Foot Health Practitioner**

Fully Qualified and Insured  
Mobile Service

07595463805  
foothealth1@gmail.com



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# Dementia-friendly Alton

Charity Number - 1202095



**NEW** Programme for Dementia-friendly Alton  
Commencing - April 2024

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

Call for more information 01420 551455

Day Time	MON	TUES	WED	THURS	FRI	SAT	SUN
1000 - 1100	Tea and chat every weekday – Pop in for a cuppa & catch up with the team and other members before the sessions start					First Saturday of the month join us at Alice Holt for Flourish in the Forest	Once a month join the open dance session with the Dance Sanctuary
1100 – 1300	Creative and Curious	Fit Steps with Glenda 1100-1200 LivDem Group Session	Memory Lane (Crafts/Chair Exercise/Tai Chi/Reflexology)	Health Walk starts at 0930 Bocce & Games Zumba Gold @1130	Music Café / Dementia Choir till 1230		
Friendship Lunch – join with friends for Group Lunch session – or nip into Town for a lunchtime treat						-	
1330 – 1530	Love to Move & Horti @ Assembly Rooms	Creative Sound Machine & Horti @ ACC	New Age Kurling (Inter-generational) & Horti at Town Park / Train Station	Heritage and Culture Club & Horti @ Allotment	Grand Tea Dance in the Ballroom	See website for details 1030 - 1530	
<b>Late afternoon / Early evening sessions</b>							
Times vary	6-7 Scottish or Circle or Line Dance	5.30 – 7 Creative Writing / Book Club	4.30 – 5.30 Yoga with Sue Tupper	6-7 Love to Move / Strictly Dance			

All sessions held at Alton Assembly Rooms  
NEW Meeting Centre - Dementia-friendly Alton  
Centrally located in Alton High Street, GU34 1BA  
Easily accessible with 'drop-off bay' outside venue & three car parks within walking distance

