



**Dementia
Friendly
Alton**

Charity Number - 1202095



The Queen's Award
for Voluntary Service



MEETING CENTRES UK
ALTON MEETING CENTRE

Number
40

Newsletter - July - Sept 2024



It's been a busy couple of months since the move to the **ALTON ASSEMBLY ROOMS**

The extra space has meant that we have been able to increase the number and range of sessions we offer – see inside. Access to the Ballroom on Fridays also means that our Afternoon Tea Dance can become a weekly feature.

Recent development of the lawn outside ensures that we get to enjoy the sunshine when it makes an appearance!
See inside for NEW activities



Huge thanks for recent donations

Anon – £40
Creating Crafts & Blooms - £66
Bakers Arms - £64
Resurrection Furniture £500
June Fenn £600+
Anon - £10,000



Loving Memory - Best wishes are sent to family and friends at the recent, sad loss of both Bernard and Betty Martin – missing a very special couple from our group. They certainly knew how to light up the room xxx



Scan QR code below to **DONATE**



MEETING CENTRES UK
ALTON MEETING CENTRE

**Increased access to accessible physical activities thanks to a year long grant from Hampshire Active Health Programme
This has led to the addition of some new & exciting additions to the programme – with more to come!**



**Love to Move – Monday 2-3 pm
(supported once a month by Right at Home)**

Chair based exercise based on a programme developed by British Gymnastics Foundation, aims to increase strength, flexibility and confidence. Repeat & alternate movements are a great workout for the brain too!

Fitsteps with Glenda – Tuesday 11am - 12 noon

Inclusive and accessible dance class repeating basic dance moves with any challenges you care to add. Great fun to dance to great tunes (old and new) with the addition of a few props along the way in good old Fred Astaire style!

Yoga for Health and Wellbeing with Rebecca James – Tuesday 2.30-3.30 pm

Personalised and accessible yoga session for all aimed at alleviating stress, increasing flexibility, building flexibility and fitness and fostering self awareness. Chair based for easy access.

Tai Chi with Sue Kelly (once or twice per month on Wednesday) @ 12.30

Enhancing body awareness as we sit and work through a series of arm exercises that will assist with symptoms of arthritis, chronic fatigue, osteoporosis and stress related symptoms.

Yoga with Sue Tupper – Wednesday 4.30-5.30pm

Using a mat or chair to suit your needs engage in a series of postures and stretches to engage with your body and senses. Work with the body you have to see what it is capable of and challenge it a little.

Walkfit on a Thursday from 0930 – 1030 am – Pace dictated by you!

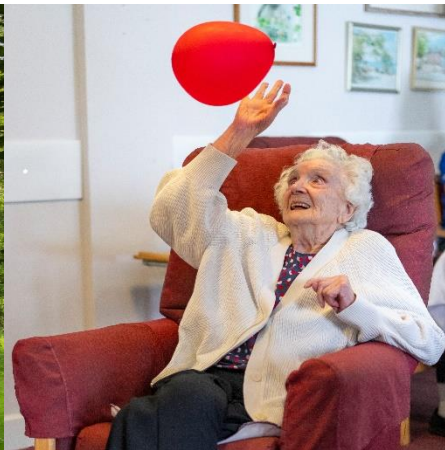
Enjoy a walk to a number of nature spots in Alton to enjoy the natural environment and challenge yourself each week to 'pick up that pace'

Golden Grooves with Mandy Wilson - Thursday 1030 – 1115 am

An accessible workout for all whilst sitting in or standing behind chair. Fabulous tunes, great fun with plenty of action and noise – you can do it!

Weekly Tea Dance – Friday 1.30-3.30pm

Practice those dance moves or enjoy watching others take to the floor. Jive, Waltz, Foxtrot, Cha Cha Cha and even our classic Line Dance – it gets you ready for the weekend. Enjoy the fabulous dance floor plus cuppa and cake!!



At Pax Hill we recognize 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



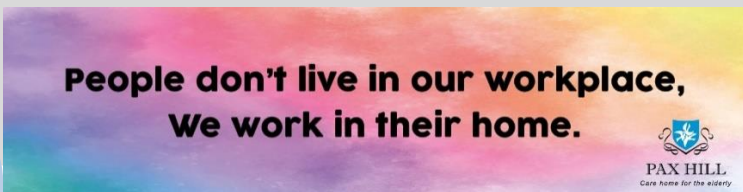
If you or someone you know is considering making the step into a care home, speak to us and find out what makes Pax Hill a special place to live. To find out more or to arrange a visit:

contact Angela on **01420 525882**
or mail@paxhill.co.uk

NEW - Programme of Films for Sunday evening – now at the Alton Assembly Rooms
Check out the 'Films in Alton' Facebook page for listings

COMMUNITY CINEMA

FILMS in Alton



Carers Week Great fun had by all attending the extended activity and information day and Tea Dance for Carers held on 12th June 2024.



Dementia Friendly Alton

Charity Number - 1202095



The Queen's Award
for Voluntary Service



MEETING CENTRES UK
ALTON MEETING CENTRE

NEW Programme for Health and Well-being provided by:

www.dementia-friendly-alton.org.uk

Call for more information 01420 551455

Or Email - dementia_friends@btinternet.com

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						
1100 – 1300	Creative and Curious	1100-1200 Fit Steps with Glenda 1200-1300 Tea and chat	Memory Lane (Crafts/Chair Exercise/Tai Chi/ Reflexology)	Health Walk @ 0930 1030-1230 Bocce & Games 1030-1115 Golden Grooves	1030-1230 Music Café/ Dementia Choir	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest - See website for details	
Friendship Lunch – join with friends for Group Lunch session – or nip into Town for a lunchtime treat							
1330 – 1530	1345-1500 Love to Move 1400-1600 Horti @ Sensory Garden	1330-1430 Creative Sounds coming soon 1430-1530 Yoga with Rebecca James	Games & Chat & Horti at Town Park / Train Station or Assembly Rooms	Heritage and Culture Club (Memory Box / Movies / Quiz / Guest speakers) Horti @ Allotment	1330-1530 Grand Tea Dance in the Ballroom		
Late afternoon / Early evening sessions							
Times vary	Coming soon	Coming soon	1630 – 1730 Yoga with Sue Tupper	Coming soon			

All sessions held at Alton Assembly Rooms
NEW Health and Well-being Centre for ALL
Centrally located in Alton High Street, GU34 1BA

