

News July - Sept 2018



Happy fourth birthday! Launched on 1st July 2014 we were the first dementia-friendly town in the north of Hampshire. We celebrated by cutting a cake at our June tea dance. Just one of the many successful events that we support in Alton



Business as usual for Dementia-friendly Alton in the last quarter with: a fantastic trip to RAF Odiham for the Legions Legends; hiding superhero pebbles at the Lions Party in the Park; and helping Alton College students to become dementia-friendly.



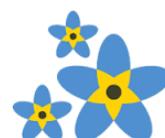
Supporting the first annual Dementia-friendly London Summit at the GLA during Dementia Action Week, Terry Eccott met with Mayor Sadiq Khan. For those Londoners living with dementia and their carers, the pledge is to create many more dementia champions and friends making London more accessible.

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

**Dementia
Friendly
Hampshire**

Newsletter Number 17

www.dementia-friendly-alton.org.uk



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.

Book local Dementia Friends sessions at 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



For an electronic copy of this quarterly newsletter - please send your details to: dementia_friends@btinternet.com



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



July

2, 16, 30

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church See over

5

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Contact Katharine (see over)

6, 13, 20, 27

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

12

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park
See over

13, 27

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

11, 25

Memory Lane Cafe
10.30 - 12.30
Alton Community Centre
See over

15

Alton Bus Rally
10 am - 5 pm
Anstey Park
Come and see us!

26

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park
Alton - See over

August

2

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Contact Katharine (see over)

3, 10, 17, 24, 31

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

9

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park
See over

10

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

13

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church See over

15, 29

Memory Lane Cafe
10.30 - 12.30
Alton Community Centre
See over

23

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park
Alton - See over

24

Church Service 2.30pm
followed by tea, singalong
and raffle at 3.15pm
All Saints Church, Alton

September

3, 17

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church See over

6

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Contact Katharine (see over)

7, 14, 21, 28

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

7, 21

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

12, 26

Memory Lane Cafe
10.30 - 12.30
Alton Community Centre
See over

13

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park,
See over

22

Classic Car Show
23.30pm
Market Square and High Street Anstey

27

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park
Alton - See over

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 or on 07827 317650 or 01256 423829

Alzheimers Drop-in Service - Not running at the moment as we wait for news re new support staff being appointed. Contact 01256 363 393 for information from Alzheimers Society office in Basingstoke.

basingstoke-district@alzheimers.org.uk

Carers Hub - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Katharine Honey on 01264 835246/ 835205 or info@carercentre.com for more information.

Music and Memories Café - an opportunity for those with dementia and their carers to meet with others for support, reminiscence and relaxation through music. Led by Home Instead on Monday mornings from 10.30am every 2-3 weeks - free to attend - for more info call 01420 543214

Memory Lane Café - an opportunity for those with dementia and their carers to meet with others for support, reminiscence

and relaxation with craft work, cake and quizzes. Led by Altonian Care on Wednesday mornings from 10.30am every 2-3 weeks - free to attend - for more info call 01420 85057

Dementia-friendly Tea Dances / Pub Games at the Legion - Held monthly on a Thursday - see calendar page. The opportunity to dance in a relaxed and informal setting with support from Paul O'Brien dance school, or play pub games with members of the British Legion if you prefer. Free to attend. Contact 07922 022321 for more information.

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

Alton Memory Lane - A fun, sing-a-long workshop suitable for people with dementia or memory loss and their carers/friends. Held twice a month at Orchard House, off Drayman's Way, Alton. Arrive at 11.00 - singing from 11.15 - 12.15. Free to attend. Contact 07922 022321 for more info.

Forget - me - not Service - 24th August 2018

The Annual August *Alzheimer's Afternoon*

Friday 24th August - 2.30pm in All Saints Church

Forget-me-not Service

to remember and support families with Dementia led by Rev Rachel Sturt & Debbie Thrower, Anna Chaplains for Older People and afterwards at 3.15pm approx. in the Church Hall join us for

Fundraising Afternoon Tea, Sing-a-long & Grand Raffle

ALL WELCOME



News from Dementia-friendly Alton members and supporters

Big thanks to Aqua Doria and British Legion member

Thanks to support from supporters from Aqua Doria and an anonymous donation via Alton British Legion member for donations of £70 and £150 respectively. This is a great help to our activity in Alton.

Thanks again to 'Stitched by You' for making cape for our super hero bear - Vivian and Julie Cook, of 'Stitched by You' on Crown Hill, provide materials and support for a wide range of haberdashery projects. For 'hands on' support, visit their shop or attend one of their sewing master classes.



Alton Mens Shed to support dementia activity

As the active Mens Shed group in Alton expands its activity and support for groups in the area, we are really pleased that they are planning to offer sessions for people with dementia and their carers in the near future. For more information about Alton Mens Shed and how you can get involved / support their activity contact Chairman Ian Scott on 01420 83870 / altonmensshed@gmail.com

Friendship Cafe to start at Alton College from Nov 2018

Health and Social Care teaching staff at Alton College are pleased to announce that they are planning to hold a 'Friendship Cafe' twice a month from November 2018. The cafe will be a free to attend and will aimed at people living alone to provide any opportunity to socialise with support. The cafe will be organised and run by students from the College and also be attended by children from the College Creche. Look out for more information and final dates in our October newsletter.

We are 4 years old - Thank you Alton

Over the last four years we have been able to increase opportunities for support in Alton for people with dementia and their carers. Thanks to residents of Alton who have helped with this!

Calling all men aged 45-75 - check your risk re Prostate Cancer

Free blood test to check your level of Prostate Specific Antigen. Saturday 21st July from 10am - 3pm at Alton Community Centre. Call 01962 773698 for more information and book a place.

Meet us at

ALTON BUS RALLY & RUNNING DAY

15th July 2018

