



# Dementia Friendly Alton

Shining a light on Dementia

**Celebrating  
10 years  
Moving forward  
5-8 July 2024**

## Friday 5<sup>th</sup> July - Activities inside 'Alton Assembly Rooms'

**1000 – 1100** – Arrive early for a cuppa & chat and get comfortable in your seats for the music. Meet staff and volunteers at Dementia-friendly Alton and find out more about the full range of services on offer to support you whilst you visit the information stalls in the Main Hall

**1100 – 1230** – **Kim Garner and the Memory Choir** will lead the singing to many of our favourite tunes.

**1230 – 1330** – **Friendship Lunch** – join our members for lunch and a chat – Hot food available for a small charge. Cakes and cold snacks provided free.

Networking over lunch with Dementia Support - Hampshire and IOW and local Social Prescribers

**1330 – 1600** – **New Age Kurling and Boules competition** – in the Lower Room

## dementia bus

Friday 5<sup>th</sup> July – Alton Assembly Rooms, GU34 1BA



### Dementia Awareness in the Dementia Simulation Bus

**Thirty spaces in each  
session – no need to  
book – just turn up on  
the day**

**Morning 1000 – 1300**

**Afternoon 1330 – 1630**

**Visit us at the  
Assembly Rooms while  
you wait**

Alton Primary Care



Home  
Instead.



## Saturday 6th July - Arts in the Park – Alton Town Park

**1000 – 1400** – Join Dementia-friendly Alton and other community groups for a showcase of ‘creativity’ - opportunity to participate in craft activities that are accessible for all. Decorate your own coaster or decoupage a bottle / lamp.



## Saturday 6th July - 10<sup>th</sup> Birthday Tea Dance / Party at Alton Assembly Rooms

**1400 – 1530** – Celebrate with members and volunteers at our Afternoon Tea Dance. With musical accompaniment from Kevin Jacot – you can waltz, foxtrot and jive yourself around the grand ballroom, whilst afternoon tea and cake is served. Free to attend – ALL WELCOME



## Monday 8th - Wednesday 10<sup>th</sup> July Dementia-friendly Art and Craft Display at Alton Assembly Rooms

**1000 – 1600** – Pop into the Assembly Rooms to meet members of Dementia-friendly Alton – who are proud to showcase some of the art and craft produced within the regular sessions. Extra art/ craft activities will be undertaken during this time in collaboration with members of the Alton Arts Festival Team. Explore the range of opportunities for volunteering with Dementia-friendly Alton and at the Assembly Rooms.