

News Apr - June 2018



Dance, dance, dance...what a wonderful atmosphere at our first tea dance at the British Legion. Thanks to Paul O'Brien School of Dance and Pat & Colin Murrell and other members of the British Legion. See inside for future dates.

THE ROYAL BRITISH
LEGION



What a turn-out for our first Music and Memories Café held at the Community Centre! Led by Mike Colvin and the team from Home Instead, those attending were able to chat, sing, join the quiz, munch tea & cake and 'get crafty' whilst listening to music played by Pam Edwards (also of Home Instead). Joined by pupils from St Lawrence School, the morning had a real 'buzz' and was enjoyed by all- see calender inside. Next date - April 18th at 10.30 am, followed by talk from Blue Lamp Trust at 1300 - Make yourself safer at home.



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



Come
and
see us

ALTON BUS RALLY & RUNNING DAY

In addition to attending the Alton Health Fest on 21st April, volunteers from Dementia-friendly Alton will be found at the Lion's Party in the Park on June 16th and at Alton Bus Rally on July 15th. Do come and see us to find out more about whats going on to support dementia services in Alton and surrounding area.

Dementia
Friendly
Hampshire

Newsletter Number 16

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**



April

4, 11, 18, 25

Sunflower Cafe - 2- 4 pm
Old School, London Road,
Odiham , RG29 1AJ

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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

6, 20

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

12

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

18

Music & Memories Cafe
10.30 - 12.30
Blue Lamp Trust - 1-3 pm
Alton Community Centre
Contact for more details

21

Alton Health Fest
10 am - 3 pm
Alton Assembly Rooms
Come and see us there

26

Tea Dance & Pub Games
2 - 3.30pm
British Legion, Anstey Park
Alton - See over

May

2, 9, 16, 23, 30

Sunflower Cafe - 2- 4 pm
Old School, London Road,
Odiham , RG29 1AJ

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

4, 11, 18, 25

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

10

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

11, 25

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

2, 16, 30

Music & Memories Cafe
10.30 - 12.30
Carer Workshop 1-3 pm
Alton Community Centre
Contact for more details

21 - 27
Dementia Action
Week
See next page

24

Tea Dance & Pub Games
2 - 3.30pm
British Legion, Anstey Park
Alton - See over

June

1, 8, 15, 22, 29

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

6, 13, 20, 27

Sunflower Cafe - 2- 4 pm
Old School, London Road,
Odiham , RG29 1AJ

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

8, 22

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

13, 27

Music & Memories Cafe
10.30 - 12.30
Carer Workshop 1-3 pm
Alton Community Centre
Contact for more details

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

16

Party in the Park
10 am onwards
Come and visit our stand
and find Alton's Dementia-
friendly Super Heroes

28

Tea Dance & Pub Games
2 - 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

Carer's 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 - This NEW group provides 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 Wednesday mornings from 10.30am every 2-3 weeks - A workshop for carers will sometimes be held on same day from 1-3 pm - for more info call 01420 85057

Dementia-friendly Tea Dances at the Legion incorporating Pub Games too - Tea Dances open to all are held each month 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 - tea / coffee & cake available - donations can be made to Dementia-friendly Alton. Contact 07922 022321 for more information.

Alton British Legion - Legion's Legends - A free social group for ex-service personnel and people with an interest in the military. An opportunity to chat and share stories 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 Lounge, off Drayman's Way, Alton. Arrive at 11.00 - singing from 11.15 - 12.15. Free to attend - tea / coffee & biscuits available - donations can be made to Dementia-friendly Alton. Contact 07922 022321.

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.

Dementia Action Week - 21 - 27 May 2018

An increase in the number of social events available at the start of 2018, for those with dementia and their carers, has been made possible by: valuable donations; offers of suitable venues (free of charge) and the time of volunteers. 'Time given' can help in a number of ways such as: 'meet and greet'; 'helping to set rooms up'; 'just having a chat'; or simply 'making cups of tea' during the events. For more information or to discuss how you could support one of our regular meetings please contact us (see page 2) or come along to one of our Awareness sessions during Dementia Action Week (see below) or complete the form overleaf and drop-in at Alton Community Centre by Saturday 27th May 2018.

Dementia Awareness Sessions during Dementia Action Week 2018

Thursday 24th May - 12 noon - 1pm

Friday 25th May - 1 - 2 pm

Saturday 26th May - 10 - 11 am or 11 am - 12 noon

All sessions being held at Alton Community Centre - please book your place at www.dementiafriends.org.uk



News from Dementia-friendly Alton members and supporters

 **Happy retirement and thanks to Anne Luneburg** After many years of amazing service to people with dementia and their families, Anne, Dementia Support Worker with the Alheimers Society, is retiring at end of March 2018 - we wish her well - although have a feeling she will still be around lending a hand! 

Thanks to 'Stitched by You' for our new Shirts
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. They very kindly made our new T-Shirts for free - THANK YOU Vivian and Julie!



 **Sincere thanks in memory of Mr Reginald Drury Trickey**
Sadly, local man Reginald (Reg) Drury Trickey recently died and our thoughts and best wishes are conveyed to his daughter and family. Donations made at his funeral were kindly given to Dementia-friendly Alton in his memory. 

Date for your Diary- Sat 14th October 2018

Members / supporters of Dementia-friendly Alton will be walking 16 miles along the Test Way from Wherwell to Romsey - to mark the 16 elements of the Short IQCODE Cognitive Test often used in screening for dementia (https://www.alz.org/documents_custom/141209-CognitiveAssessmentToo-kit-final.pdf) More details will follow over the Summer re how you can sponsor us with this challenge - raising funds for Dementia-friendly Alton.



Help us to review Dementia-friendly Alton - please cut out and return to Alton Community Centre by Saturday 27th May 2018 - Thanks in advance for your support

1) Which activities / social events do you consider provide support / are helpful for people with dementia (Circle all that apply): SWIMMING / DANCING / SINGING / MUSIC AND MEMORIES CAFE / ARTS & CRAFTS / BAKING / OTHERS see 2)

2) Is there anything else that you would like to see offered locally to support people with dementia and their carers - please write below:

3) What do you consider would make Alton a more Dementia-friendly High Street?

4) If you are interested in volunteering to support the work of Dementia-friendly Alton - Please fill in your details and we will contact you to discuss how you can help:

Name: _____ Contact number: _____

Email address: _____

Please staple to another sheet of paper if you would like to tell us more - THANKS

Responses can also be emailed to: dementia_friends@btinternet.com by 27th May 2018.