



Dementia-friendly Alton

Charity Number - 1202095



To find out about dementia-friendly activities in the area go to:
www.dementia-friendly-alton.org.uk
Follow and promote / share us on Facebook (Dementia Friendly Alton)
Twitter - @DemFriendsAlton
To receive an electronic copy of this newsletter or make an enquiry email:
dementia_friends@btinternet.com
Speak to local Dementia Champions call 01420 551455

Newsletter

Number 34

May – June 2023

Launch of Alton Meeting Centre in July

Two full days of dementia support and activity at Alton Community Centre and in our **NEW venue Edgar Hall, Anstey Park**. Plus Meeting Centre @ Home an exciting **NEW** service. Visit us at any of our events or on **OPEN DAYS AT EDGAR HALL** on 15th and 22nd May to find out more. Delivered in partnership with:



Flourish in the Forest - 20th May & 3rd June

Health and Well-being days at Alice Holt Forest
Registration from 10 am at the Activity Centre
Plan your day, choose from: range of cycles, nature walk, horticulture, table tennis, yoga and relaxation
Free to attend for people living with dementia and their carers / family (discounted parking included)
Book your place via website link or contact email above



HASKINS
for garden pleasure

Come join us

Enjoy the fun & laughter at any of our sessions (see over). Scan the QR Code & complete the online form to apply to join our wonderful group of volunteers. It's the most rewarding experience!



Volunteering with Dementia-friendly Alton



COMMUNITY FUND



MEETING CENTRES UK
ALTON MEETING CENTRE
Helping members to live well with dementia

May - June – View of the week

Monday – Creative & Curious at Allen Gallery – 1030-1230

This great collaboration with Hampshire Cultural Trust, where we enjoy a different activity each week, moves to Edgar Hall in June

Monday – FLOURISH at the Sensory Garden – 1400 – 1600

Weekly at the Town Park- check website – refreshments provided
Will include bowling at the Alton Bowls Club from 1st May 2023

Wednesday – Memory Lane Club at Alton Community Centre

1030 – 1100 – Meet with friends to set up

1100 – 1230 – Crafts / Quiz / Games

1230 – 1300 – Love to Move or Tai Chi

1300 – 1400 – Lunch break (Regency Café or bring packed lunch)

1400 – 1600 – Horticulture / Memory-books

Games and Afternoon Tea with pupils from St Lawrence School



Thursday – PACE Programme – Get Active at Edgar Hall

0930 – 1200 – Walkfit, Refreshments and Sports in the Hall

Lunch – Bring your own and relax in the Hall or Park

or visit Sugarloaf Café, before the afternoon activities

Allotment Group meets 1300 – 1530 most Thursdays

Get active at the Allotment with pupils from Anstey School

Thursday afternoon events at the British Legion

Legions Legends - From 1400 - 1530 - second Thursday

Tea Dance - From 1330 – 1530 – at end of the month

Join Paul O'Brien School of Dance – check website for details



Friday – Music & Movement at Edgar Hall – 1030 - 1215:

Check website for musician. Will be a FULL day **from June 2023**

Lunch – Bring your own and relax in Hall or Park or visit local café

Friday afternoons – 1300 – 1600 – Get Active & Carer Support

Saturday – Flourish in the Forest on 20th May & 3rd June

In collaboration with Alice Holt Forest and funded by Haskins

Garden Centre – Health and Wellbeing days – see overleaf

DEMENTIA-FRIENDLY ALTON



CELEBRATES

THE KINGS CORONATION



SATURDAY 6TH MAY - EDGAR HALL

*The Coronation of King Charles III
playing LIVE on the BIG SCREEN from 10am-3pm
Join your friends for a party at lunchtime
Coronation Games in the afternoon*

SUNDAY 7TH MAY - TOWN PARK

*1-3PM - Alton's Big Lunch
Bring a Picnic &
Join us at the Sensory Garden
Listening to the Alton Concert Band*



MONDAY 8TH MAY - EDGAR HALL

*10am - 1pm Volunteer Morning
Help us tidy the outdoor space
1-2PM Light lunch provided
2-4PM Join activities in the Hall &
find out about volunteering
Show & Tell with Alton Men's Shed*

