

# Dementia - friendly Alton - July-Sept '15



Terry Eccott (Dementia Ambassador and Chair of Dementia-friendly Alton) and Sarah Gardner (Dementia Adviser and Champion) were joined by Maxine Ford of Orchard House at a Presentation by Kelly Inwood of Alzheimer's Society (Basingstoke) and coffee morning held at Orchard House on the closing day of Dementia Awareness Week 2015

[More information on new website @ dementia-friendly-alton.org.uk](http://dementia-friendly-alton.org.uk)

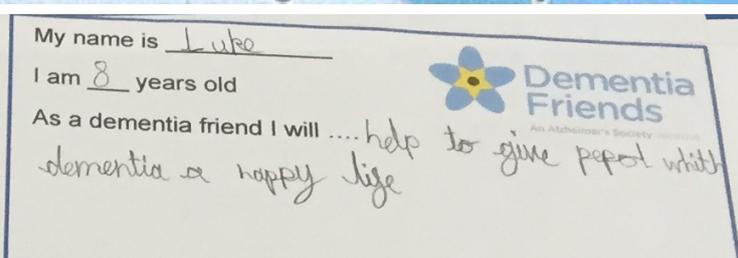
## New members joining Dementia-friendly Alton

In addition to the initial 46 members who signed up in the first twelve months to the Hampshire Dementia Action Alliance (HDAA) - we welcome Station Cafe, St Mary's School (Bentworth), Calliope Gifts, Kemp and Sons, Citizens Advice Bureau, Tourist Information Centre and Chawton Park Surgery, who will be joining soon. For an up to date list of members check out our website @ [dementia-friendly-alton.org.uk](http://dementia-friendly-alton.org.uk).

To contact the local Dementia Champions - see details at side

To join the Dementia-friendly Alton initiative or share relevant news please contact the Dementia Champions on 07922 022321 or email [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)

## St Mary's Bentworth Church of England Primary School

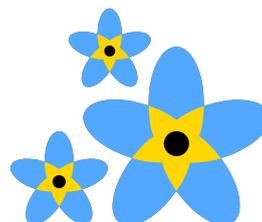


## Local Primary School takes a lead in 'Awareness'

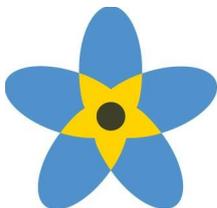
Over 60 pupils aged from 4-11 years participated in a range of age-specific Dementia Friends activities on the first day of Awareness Week. Champion Sarah Gardner spent a whole day at the School and was 'bowled over' by the enthusiasm of all the children. Jo Ayres, Head Teacher at the school, reported back that: 'the children really enjoyed the sessions and have continued to think deeply about their community responsibility. What a fantastic approach to developing our future leaders!'

**Dementia  
Friendly  
Hampshire**

Newsletter  
Number 5



Working to become  
**Dementia  
Friendly**  
2014-2015



# Dementia Awareness Week 18 - 23 May 2015

**Alton Charities Together with the support of Alton Community Centre** 'kick-started' Dementia Awareness Week on Saturday 16th May with a series of Dementia Friends sessions being delivered throughout the day, by Champion Karen Murrell. Flyers were distributed to publicise all the events for the week.



**The Lawn Care Home** in Holybourne held a Dementia Awareness session for their residents followed by a tea party. Champion Sarah Gardner and Ambassador Terry Eccott spent the afternoon sipping tea and eating biscuits with the residents who were all had many questions about dementia and wanted to know how best to support their fellow residents. Interestingly, the residents chose not to play the 'Dementia Awareness Bingo Game', just to dispel the myth that ALL more mature people enjoy bingo - because they don't - good for them. The Champions were more than happy to tailor the session to suit their needs.

**Station Cafe - The 'Pop-in Club'** hosted their own Dementia Awareness session for the regular visitors who meet to enjoy 'tea and a chat' every Tuesday afternoon from 3.30 - 6.30 pm. Karl and Christina, the owners of Station Cafe were, as always keen to support an event that promoted 'community spirit' - a hallmark of the Cafe. New visitors to the Pop-in Club are always welcome!

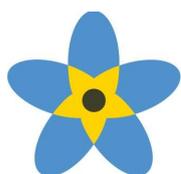


**Brendoncare** were quick to get on board with Dementia Awareness Week and demonstrate their commitment to Dementia-friendly Alton. On the Wednesday, Julie Lamont, Volunteering Manager for the Brendoncare Foundation and a Dementia Champion delivered four Friends Awareness Sessions throughout the day where twenty members of staff and visitors to the home became Dementia Friends. In addition to supporting events such as this Brendoncare also host a monthly support session for Dementia carers - see dates on back page.

**Boots** on the High Street were happy to allow Sarah Gardner and Terry Eccott to stand with the Dementia-friendly Alton information table in the store throughout the the whole of Thursday, in order to chat to shoppers and answer questions.



**Alton Matters** - the group of local Alton retailers designed an amazing 'Scavenger Hunt' to be undertaken during Half Term around Dementia-friendly outlets in Alton - Well done !!!!!



## 12 Sessions & 120 Friends What a great week for Alton!

# DEMENTIA-FRIENDLY ALTON

## RESPONSE FROM OPEN FORUM - 01/06/15

### Knowledge and information for those with dementia and their carers:

- Look at resources on Alzheimers Website and personalise for DFA
- Care Homes to continue to promote training
- Training in stores to help staff provide support for shoppers
- Continue communication with GPs - provide them with a resource pack to use / share with new patients
- Library – Book on Prescription – Develop noticeboard

### Well-being for those with dementia and their carers

- Link with Carers Week
- Improve signposting to other organisations – ie ACT / TLC - ? add to newsletter / website

### Choices and decisions for those with dementia and their carers

- Provide as much info as possible in GP surgeries so people can take it away
- Info re weekly carers meetings to remain on web / newsletter

### Physical health and activity for those with dementia and their carers

- Promote the Library session – 4<sup>th</sup> Thursday of each month (2-3pm)

### Social interaction for those with dementia and their carers

- Explore link with Volunteer groups like D of E (Ian Cross at Amery and David Allen, Boys Brigade)
- Explore links between Care Homes and Schools

### Activities and interests for those with dementia and their carers

- Link with over 50s group at Alton Sports Centre / Research a singing opportunity / Social Activity i.e Rugby Club

### Involving individuals with dementia and their carers in the planning of activity related to DFA

- Focus on emotional health
- Look after Carers
- Opportunities in everyday life
- Arrange session from Alzheimers to DFA

**healthwatch**  
Hampshire

Share your experiences of dementia services to help improve local health and social care

Healthwatch Hampshire would like to hear from local people with experience of dementia, this could be directly or as a carer, relative or professional.

If you have any feedback you would like to share please use the 'Speak Out' page on our website or if you would prefer to speak to someone then please call us and a member of the team will record your feedback...

For more details about this project please contact Steve Manley, Community Outreach and Engagement  
Officer: [steve.manley@healthwatchhampshire.co.uk](mailto:steve.manley@healthwatchhampshire.co.uk)  
[www.healthwatchhampshire.co.uk](http://www.healthwatchhampshire.co.uk)

01962 440262



Alton Adult Day Care Centre,  
Limes Community Hospital,  
Chawton Park Road, Alton,  
GU34 1RJ.

Monday - Friday from 0900 - 1530

Contact - Stephanie Cruse  
01420 84257



We generate a care plan and individual objectives for each service user. Day care aims to provide activities and care which:

- Older people can enjoy and look forward to
- Gives opportunities to improve health, well-being, confidence and quality of life
- Support independence of daily living by maintaining essential skills
- Provide dignified personal care when required
- Stimulate memory and mental activity with reminiscence, newspapers and appropriate quizzes
- Encourage mobility and help prevent falls by exercise with trained leaders
- Is tailored to meet the identified needs of each service user
- Provide social stimulation via a wide choice of activities to suit the individual and have FUN!
- Ensure carers get a deserved break from caring.

# Dates for your diary

## Dementia Friends Action Group

Next Action Group for HDAA members will be held on Sept 21st 2015 - venue and exact time & focus to be announced nearer time / please check website.

Follow the Dementia Friendly Activity in your local community on Twitter - @DFAlton



If you would like a copy of this newsletter emailed to you each quarter - please send your details to Dementia-friendly Alton

## July

2

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

7, 14, 21, 28

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

8

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

15

Dementia Carer Support  
2 pm  
Brendoncare, Alton  
See below for more details

23

Thursday Club  
2 - 3 pm  
Alton Library  
See below for more details

## August

4, 11, 18, 25

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

6

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

12

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

19

Dementia Carer Support  
2 pm  
Brendoncare, Alton  
See below for more details

27

Thursday Club  
2 - 3 pm  
Alton Library  
See below for more details

## September

1,8,15,22,29

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

3

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

9

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

16

Dementia Carer Support  
2 pm  
Brendoncare, Alton  
See below for more details

24

Thursday Club  
2 - 3 pm  
Alton Library  
See below for more details

### Alton Library - Thursday Club

Meets on fourth Thursday of each month from 2-3pm. Listening to stories & poetry, singing songs and reminiscence for people with dementia. Can be accompanied by carer if needed.

Further details contact Susan Fifield on 01420 85734

### Dementia Advice Service

Especially 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 via email on dementiaadvicebasingstoke@andovermind.org.uk or on 07827 317650 or 01256 423829

### Station Cafe 'Pop in' Club

Every Tuesday from 3.30 - 6.30 pm for more mature members of the community. Come along and socialise with others whilst enjoying a cuppa and some home made cake!

### Carer's Hub

Support meeting for carers and cared for. Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Light lunch available for £1.50 or bring your own. Contact Georgina White 07824 150020 or Claire Skilton 07769 170246 for information. Carer's Hub also held in Bordon - Last Wednesday of month.

### Alzheimer's Society Carers Support Group

A support group at which a Dementia Support Worker can give advice and support to carers. Held at Brendoncare on 3rd Wednesday of each month at 2 pm.

Contact Anne Luneburg for more information - on 01256 363393 / 07590 417362

### Alton Rendezvous

A support group run by Carers Together for carers and the cared for. Held at the Assembly Rooms on 2nd Wednesday of each month from 10.00am - 12.30pm.

Contact Carers Together for more information - on 01794 519495