



**Dementia
Friendly
Alton**

Charity Number - 1202095



The Queen's Award
for Voluntary Service



MEETING CENTRES UK
ALTON MEETING CENTRE

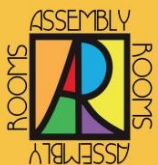
Number
42

Contact us – dementia_friends@btinternet.com - 01420 551455

Newsletter - Jan - March 2025



**Centre for
Health & Wellbeing**



Improving the health and
wellbeing of all our local
residents, through accessible
and joined up public services

Home Instead
*Community
Coffee Morning*

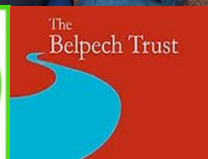


What an amazing first year we have had at ALTON ASSEMBLY ROOMS

Increased space and accessibility for members and visitors has led to more people being supported, as well as increasing the number and range of sessions on offer. See inside and back page for programme details. Having Open Access Arts in residence - a highlight for members, carers and a great opportunity for community engagement!

See inside for more pictures.

Working together with A31 Primary Care Network the introduction of the weekly 'Health on the High Street' is enhancing health and wellbeing for ALL (see inside). There's more to come! **-HAPPY NEW YEAR**



Loving Memory - Best wishes are sent to family and friends at the recent, sad loss of members Joan Perry, Colin Close and Paddy Mendham. Regular members who will be missed.



Scan QR code below to **DONATE**



MEETING CENTRES UK
ALTON MEETING CENTRE

Huge thanks for recent donations

Valhalla Media - £200.00
Family of Joan Perry - £300.00
Newbury Building Society - £5270.00
Alton Choral Society - £236.33
Belford House - £210.00
Kate Dando - £50.00
JuliaHilden - £40.00



Wow – what an amazing experience it has been – having Open Access Arts in residence. Just a few snaps from our live theatre event in Dec 2024 – ‘Do I Know You?’ - more to follow!



New Group for people living with Younger Onset Dementia

Rural Health on the High Street
Rural Event at Four Marks Village Hall,
29/01/25 – 10am-2pm
See you there – we will have a stand

MEETING ON THE 3rd THURSDAY
OF THE MONTH AT
ALICE HOLT FOREST
GU10 4LS

**Dementia Friendly
Hampshire**

**NURTURE
GROUP**

A YOUNG ONSET DEMENTIA PEER SUPPORT GROUP
OPPORTUNITY TO SOCIALISE IN FOREST SETTING
KEEPING ACTIVE - TIME TO RELAX AND CHAT
INCLUSIVE BIKES - WALKING - YOGA
FAMILY-FRIENDLY ACTIVITIES
OTHER OUTINGS / EVENTS TO BE AGREED

**STARTS 16 JAN 2025
10 AM - 2 PM
FREE TO ATTEND**

For more details, email us at
dementia_friends@btinternet.com; call us on
01420 551455 or visit
www.dementia-friendly-alton.org.uk

Forestry England



**HEALTH ON THE
HIGH STREET**



AT ALTON ASSEMBLY ROOMS

OUR SERVICES



WARM HUB

ENJOY FREE HOT DRINKS IN A
RELAXED, WELCOMING SPACE.



SUPPORTIVE ENVIRONMENT

TALK TO ADVISORS ABOUT YOUR
WORRIES, HOUSING, FINANCES,
MENTAL HEALTH, ETC.



NO APPOINTMENTS NEEDED

THE HUB OFFERS FREE, WALK-IN
ACCESS TO A RANGE OF SUPPORT
SERVICES IN OUR COMMUNITY.
WHETHER YOU NEED GUIDANCE,
SIGNPOSTING TO LOCAL
RESOURCES, OR JUST A FRIENDLY
FACE TO TALK TO, WE'RE HERE
FOR YOU.

**YOUR LOCAL HUB FOR
SUPPORT AND WELLBEING**

**FREE WALK-IN ACCESS TO
A RANGE OF SERVICES IN
OUR COMMUNITY.
EVERYONE WELCOME!**

Our Partners



LOCATION

The Hub is open every
Wednesday from 10 AM to 2 PM
at Alton Assembly Rooms,
High Street, Alton
GU34 1BA

If attending with small children, please make sure they
are supervised by an adult at all times.



At Pax Hill we recognise that every dementia journey is different. We offer person-centred, compassionate care in a modern, purpose-built care home.

- 24 Hour Care Staff
- Comfortable rooms with en-suite wet rooms
- Beautiful grounds in the Hampshire countryside
- Dedicated wellbeing and activity coordinators
- An activities programme tailored to individual needs
- Great food and menu choices with meals cooked in house



PAX HILL

Care home for the elderly

If you or someone you know is considering making the step into a care home, speak to us and find out what makes Pax Hill a special place to live. To find out more or to arrange a visit contact Angela on **01420 525882** or **mail@paxhill.co.uk**

New sessions starting January 2025

**People don't live in our workplace,
We work in their home.**



DANCE CLASS FOR CARERS



**Caring for you
Alton Assembly Rooms**

**EVERY WEDNESDAY FROM 1-2 PM
STARTING 15TH JANUARY 2025**

**Exercise to music at your own pace -
option to use chair**

NEW FOR 2025

Physical activity opportunity for Adult Carers

- Informal and relaxed
- Work at your pace
- Move to Music
- Make new friends
- Carer support



**COME AND HAVE FUN
£3 includes cuppa
For more info contact
01420 551455**

**Centre for Health and
Wellbeing - GU34 1BA**

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NEUROACTIVE CHAIROBICS



GENTLE

EASY TO FOLLOW

**LAST WEDNESDAY OF THE MONTH 3-4 PM
STARTING JANUARY 29TH 2025**

**Chair based exercise to music with
optional standing**

NEW FOR 2025

Suitable for those living with neurological conditions

- Stroke
- Multiple Sclerosis
- Parkinsons
- Dementia

FOR MORE INFO

01420 551455

Made with PosterMyWall.com

**COME AND HAVE FUN
£3 includes cuppa after
CARERS FREE**

**Alton Assembly Rooms
GU34 1BA - Accessible**



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Friendly
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MEETING CENTRES UK
ALTON MEETING CENTRE

JANUARY 2025 - Programme for Health and Well-being provided by:

www.dementia-friendly-alton.org.uk

Call for more information 01420 551455

Or Email - dementia_friends@btinternet.com

Day Time	MON	TUES	WED Health Hub 1000 - 1400	THURS	FRI	SAT	SUN
1000 - 1100	Tea and chat every weekday – Pop in for a cuppa & catch up with other members and carers before the sessions start. Centre staff will be undertaking preparation and admin for the day						
1100 – 1300	Creative and Curious	1100-1200 Fit Steps with Glenda 1100 – 1300 Volunteer Interviews	Carer Support (Princess Royal Trust 3 rd Wed of the month) Weekly Health Checks Memory Lane (Crafts/Tai Chi/ Reflexology)	Health Walk @ 1000 1100-1145 Golden Grooves and/ or Bowls	1100-1230 Music Café/ Dementia Choir Legal Surgery (1 st Friday of the month)	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest (Mar-Dec)	
1300 – 1330 - Friendship Lunch (Mon/Wed/Thurs/Frid) – join with friends for Group Lunch session (Fish and Chips on Friday)						- See website for details	
1330 – 1530	1400-1530 Love to Move 1400-1600 Garden Gang @ Town Park	1430-1530 Yoga with Rebecca James Time for Volunteers (Induction / Drop-in / Training)	1300-1400 Get Active for Carers Starts 15/01 Indoor Games OR Garden Gang @Town Park / Station / Assembly Rooms 1500 – 1600 MONTHLY (Last Wed) Neuroactive chairbics 1630 – 1730 Yoga with Sue Tupper	Heritage and Culture Club (Games / Movies / Quiz / Guest speakers) Garden Gang @ Allotment	1330-1530 Grand Tea Dance in the Ballroom		
				<div>NURTURE GROUP Young Onset Meeting 3rd Thurs 10-2 Alice Holt</div>			

**Centre for Health and Well-being at Alton
Assembly Rooms - Centrally located in
Alton High Street, GU34 1BA**

