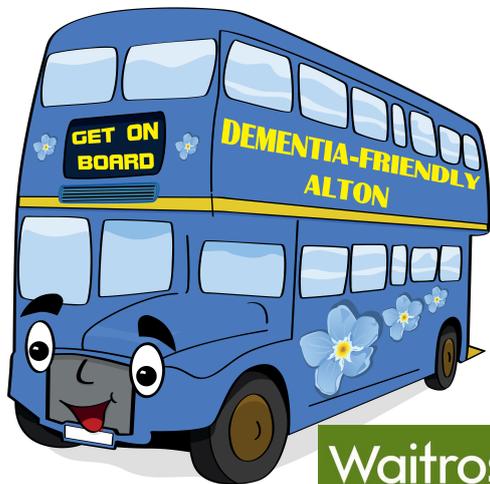


Number 21



Waitrose

# Newsletter Jul - Sept 2019

Big thanks to Waitrose, Alton and their amazing shoppers, who raised £ 632.00 via the green token scheme in February 2019. Some of the money will be used to purchase a more sturdy gazebo that will keep us dry during our outside events!

**'Smile & Share @ Brendoncare'**  
2nd and 4th Monday each week from  
9th Sept 2019 at 2.30-4 pm.  
Join Emily and her activities team to  
participate in the entertainment,  
crafts, quizzes or tap feet to a bit of  
'singing in the rain'. Make new  
friends, while you have a cuppa and  
some cake. Call Lian Beadell for  
more information - 01420 549797



**DEMENTIA CHOIR**  
Opportunity to sing  
Hearts and Minds -  
Singing Together  
(formerly Music &  
Memories). Run by  
Home Instead Senior  
Care on 1st & 3rd  
Monday each month.  
More music will be  
introduced in Sept 2019  
- see inside for details.

What a way to  
celebrate our 5th  
Birthday! Over 80  
people joined in the  
fun at our first  
Forget-me-not Walk,  
raising awareness  
and over £580.00 to  
support local  
activities.  
**THANK YOU ALTON !**



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



[www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)



# Diary dates

## Dementia Friends Sessions

Contact Dementia-friendly Alton if you would like a 'Friends' session for your group / organisation.

To find and book a place on o nearby Dementia Friends sessions go to [www.dementiafriends.org.uk](http://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](http://www.dementia-friendly-alton.org.uk)



For an electronic copy of this quarterly newsletter - please send your details to: [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)



To speak to a local Dementia Champion call 07922 022321



## July

1, 15

Hearts and Minds - Singing Together  
St Marys RC Church  
10.30 -12.30 (See over)

3, 10, 17, 24, 31

Memory Lane Café  
Alton Community Centre 11 am - 1 pm  
(See over)

3, 10, 17, 24, 31

Lounge at the Lawn in Holybourne  
2 - 4 pm (See over)

5, 19, 26

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

7

Demfest at Romsey  
Harold Hillier Gardnes - S051 0QA  
11.00 - 16.00

11

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

25

Tea Dance & Pub Games  
British Legion, Anstey Park  
1.30 -3.30pm (See over)

## August

2, 9, 16

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

5 & 19

Hearts and Minds - Singing Together  
St Marys RC Church  
10.30 -12.30 (See over)

7, 14, 21, 28

Memory Lane Café  
Alton Community Centre 11 am - 1 pm  
(See over)

7, 14, 21, 28

Lounge at the Lawn in Holybourne  
2 - 4 pm (See over)

8

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

9

Forget-me-not service  
All Saints Church - 1500  
Afternoon Tea at 15.45

29

Tea Dance & Pub Games  
British Legion, Anstey Park  
1.30 -3.30pm  
(See over)

## September

2, 16

Hearts and Minds - Singing Together  
St Marys RC Church  
10.30 -12.30 (See over)

4, 11, 18, 25

Memory Lane Café  
Alton Community Centre  
11 am - 1 pm (See over)

4, 11, 18, 25

Lounge at the Lawn in Holybourne  
2 - 4 pm (See front page)

6, 13, 20

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

9, 23 - NEW

Smile & Share @ Brendoncare  
2.30 - 4 pm (See over)

12

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

24 - NEW

Wishing Well Choir  
Holybourne Theatre  
10.00 -12.00 (See over)

26

Tea Dance & Pub Games  
British Legion, Anstey Park  
1.30 -3.30pm (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](mailto:dementiaadvicebasingstoke@andovermind.org.uk) or on 07827 317650 or 01256 423829

## **CHOIR - Heart and Minds - Singing Together (formerly Music & Memories)**

- 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 1st & 3rd Monday of the month from 10.30am - donation for refreshments - for info call 01420 543214

**Smile & Share @ Brendoncare** - Held 2nd & 4th Monday - 2.30 - 4 pm - starting in September at Brendoncare Alton. Crafts, quizzes and fun along with a cuppa and home-made cake. Contact Lian Beadell on 01420 835205 or for more information.

**Memory Lane Café** - an opportunity led by Altonian Care, for those with dementia or memory loss and their carers to meet with others for support, reminiscence and relaxation with lots of laughs along the way. Come and meet Marina, Kathy & Kat every Wednesday at Alton Community Centre from 11.00 - 13.00 - free to attend - for more information call 01420 85057

**Lounge at the Lawn** - Held every Wednesday from 2 - 4 pm the Lawn Care Home in Holybourne. Craftwork and more with the support of Men's Shed. Contact 01420 83870 for more information.

**Tea Dance / Pub Games at the Legion** - Held monthly on a Thursday - from 1.30 - 3.30 pm. 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. Contact 07922 022321 for more information.

**Legion's Legends** - A free social group for ex-service personnel and people with an interest in the military. An opportunity to socialise 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 three Fridays a month at Orchard House, off Drayman's Way, Alton. Arrive at 11.00 - singing from 11.15 - 12.15. Free to attend. Contact Dementia Friends on 07922 022321 or Maxine of Radian 01420 85952 for more information.

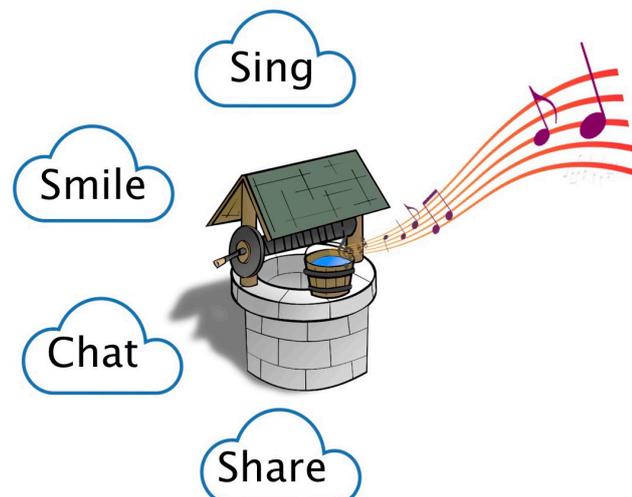
## Wishing Well Choir

Great to catch up with so many interested people in Alton at the recent Community Day - What a scorcher!



### Dementia-friendly Musical Experience

An opportunity to meet weekly from Tuesday 24th September 2019 10am - 12 noon at Holybourne Theatre



## Community Fayre - Wow!

For more information - contact Karen Murrell, Dementia Champion 07922 022321 / 01420 549050

# News from Dementia-friendly Alton members and supporters



## Fond memories as we say good-bye

With much sadness we say a fond goodbye to two of our regular supporters. Joyce Jones (pictured left as she was in her youth) enjoyed our tea dances, always accompanied by caring family, Norman and Teresa. Alan Winter (pictured right), the ever-present percussionist and backing vocalist at our Friday sing-a-longs at Orchard House.



**Thanks to Holybourne Lodge of Free Masons** We were very pleased to be invited to the North Area East Charity Cheque Presentation at Bordon Masonic Centre on 13th May, along with over 40 charities and community groups to be awarded £250.00 at the request of the Worshipful Master Keith Arrowsmith-Oliver and his wife Rosemary of the Holybourne Lodge. It was great to network with other members from the Alton Lodge and ask them to share information about the activities of Dementia-friendly Alton.

**Thanks to Alton Beer Festival Team** A fantastic donation of £600.00 from the Alton Beer Festivals Team has enabled us to increase the number of the Friday sing-a-longs at Orchard House. The lively sing-a-long now takes place three fridays every month-all welcome. Join us at 11 am for refreshments followed by singing from 11.15-12.15. Members of the DFA team were pleased to help out at recent beer festival. CHEERS!



## East Hants Demfest - Petersfield - May 2019

Sarah and Karen were pleased and proud to represent Dementia-friendly Alton at the latest 'Demfest' held at Festival Hall in Petersfield. With 35 dementia care related exhibitors, nearly 300 visitors and 34 new Dementia Friends, this was an exciting opportunity to network and share tips for good practice. Next year, 'Demfest' will be held in Alton. WATCH THIS SPACE!

## Pilates and Dance doing CPR to support Dementia

Jane and Pam, Instructors at The Pilates Barn in Ropley, joined forces with the Vanessa Goldburn School of Dance to undertake their annual CPR training. Payments made for the session (£80.00) were donated to Dementia-friendly Alton - THANK YOU !



**9th August 2019 - 3pm - Forget-me-not Service**