



Newsletter Oct - Dec 2019

Thanks to Waitrose, Alton and their amazing shoppers, who raised £ 522.00 via the green token scheme in June 2019. The money raised will be used to help fund music therapy at our choirs & music activities in Alton and Holybourne.

Trip to Farnborough Air and Science Trust Museum

The September meeting of Legions Legends made a trip to Farnborough in two mini-buses for a presentation and tour with staff from FAST. A great opportunity for members to share their knowledge and experience re aviation history, whilst climbing into the cockpits of many of the aircraft on display. A great afternoon was had by all.



'Autumn Equinox Music Recital'
With thanks to St Mary's Church at Bentworth for hosting an evening of music that raised over £800 to support our work. With contributions from: Wendy and Patrick Busby, Jean Penny, Jane Palmer, Annabel and John Lofthouse and of course our very own singing GP - Dr James Willis - the audience were enchanted by the quality of music.

The annual Forget-me-not Church Service was held on August 9th at All Saints Church and provided an opportunity to both remember and support those affected by dementia within our community. The raffle and afternoon tea held afterwards raised over £420 Thanks to the Dando family and their amazing team



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

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 a nearby Dementia Friends sessions go to www.dementiafriends

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



October

1, 8, 15, 22, 29
Wishing Well Choir
Holybourne Theatre
10.00 -12.00 (See over)

2, 9, 16, 23, 30
Memory Lane Café
Alton Community Centre 11 am - 1 pm

2, 9, 16, 23, 30
Lounge at the Lawn in Holybourne
2 - 4 pm (See over)

4, 11, 18
Memory Lane Sing-a-long
Orchard House
11.00 -12.15 (See over)

7, 21
Hearts and Minds - Singing Together
St Marys RC Church
10.30 -12.30 (See over)

10
Legion's Legends
British Legion, Anstey Park
2 - 3.30pm (See over)

14, 28
Smile & Share @ Brendoncare
2-.30 - 4 pm (See over)

24
Tea Dance & Pub Games
British Legion, Anstey Park
1.30 -3.30pm (See over)

November

4, 18
Hearts and Minds - Singing Together
St Marys RC Church
10.30 -12.30 (See over)

5, 12, 19, 26
Wishing Well Choir
Holybourne Theatre
10.00 -12.00 (See over)

6, 13, 20, 27
Memory Lane Café
Alton Community Centre 11 am - 1 pm
(See over)

6, 13, 20, 27
Lounge at the Lawn in Holybourne
2 - 4 pm (See over)

8, 15, 29
Memory Lane Sing-a-long
Orchard House
11.00 -12.15 (See over)

11, 25
Smile & Share @ Brendoncare
2-.30 - 4 pm (See over)

14
Legion's Legends
British Legion, Anstey Park
2 - 3.30pm (See over)

28
Tea Dance & Pub Games
British Legion, Anstey Park
1.30 -3.30pm
(See over)

December

2, 16
Hearts and Minds - Singing Together
St Marys RC Church
10.30 -12.30 (See over)

3, 10, 17
Wishing Well Choir
Holybourne Theatre
10.00 -12.00 (See over)

4, 11, 18
Memory Lane Café
Alton Community Centre
11 am - 1 pm (See over)

4, 11, 18
Lounge at the Lawn in Holybourne
2 - 4 pm (See over)

6, 13, 20
Memory Lane Sing-a-long
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11.00 -12.15 (See over)

9
Smile & Share @ Brendoncare
2-.30 - 4 pm (See over)

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

19
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 Dementia Advice Service at enquiries@andovermind.org.uk / 01264 332297 or Sarah on 07827 317650

Heart and Minds - Singing Together (formerly Music & Memories) - an opportunity for those with dementia and their carers to meet with others for reminiscence and relaxation through music. Led by Home Instead on 1st & 3rd Monday of the month from 10.30am - 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.

Wishing Well Choir - An interactive musical and social experience led by Key Changes Music Therapy - every Tuesday from 10.00 - 1200 at Holybourne Theatre. Call 07922 022321 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.

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 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. 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

Memory Lane Café

Its great to report that our initial memory cafe - launched in February 2018 - is continuing to thrive and build in popularity - as **Moira**, a regular attendee is happy to share:

We moved to Alton in November 2018, to be nearer to our family. Leaving Essex and all our friends was very difficult and initially we felt very lonely. We came to memory lane at the first opportunity we could and have never missed a week since! We were welcomed with open arms and warm smiles by the kindest people you could ever wish meet - Marina, Kat and Kathy and all the others that are there to help us. We have made some very special friends through here, that we see at other clubs as well. We all love to laugh - accompanied by the tea, coffee and cake. We challenge ourselves by doing some enjoyable crafts and finish with a quiz that brings us all together. Derek and I love Wednesdays. Please come see for yourself you won't regret it.

Memory Lane Café

Every Wednesday

11.00am-1.00pm

(From 9th Jan 2019)

Free drop in café, an opportunity for those with dementia or memory loss and their carers to meet with others for support, reminiscence and relaxation with craft activities, music, quizzes and more importantly tea, cake and companionship with lots of laughs along the way. Come and meet Marina, Kathy & Kat every Wednesday at Alton Community Centre.

For more information call us on 01420 85057 or email at acaenquiries@altoncommunitycentre.org.uk

News from Dementia-friendly Alton members and supporters

RECENT EVENT LAUNCHES

Smile & Share @ Brendoncare - September 9th saw the launch of our latest memory cafe held in collaboration with Brendoncare. The lounge was full with residents from the Care Home as well as many visitors from outside. With many 'hands on' activities for those attending - this is a great opportunity to reduce isolation and promote support and communication between the care home setting and those cared for at home.

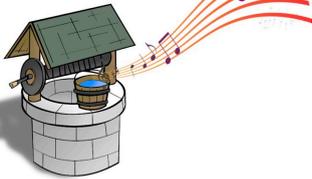


Sing

Smile

Chat

Share



WISHING WELL CHOIR - commenced Tuesday 24th Sept, 1000 - 1200 at Holybourne Theatre

As we start our second choir in the Alton area we are pleased to introduce Debbie and Debbie, two new volunteers, who are keen to support the new Choir / singing opportunity that will run weekly on Tuesdays. Anyone interested in volunteering to support any of our activities - please contact Karen Murrell on 07922 022321

Terry Talks - A full house at Cranleigh as local and national campaigner Terry Eccott talks to people recently diagnosed with dementia and their carers about his experience of 'Living with Dementia'. Whilst continuing with his national campaigning, Terry keeps a keen eye on dementia-friendly activity in Alton & the surrounding area.



Surrey Symphonic Wind Band Concert At a concert held at Farnham Maltings in Sept 2019, where funds were being raised for Alzheimers Disease, it was great to see people with dementia and their carers given the opportunity to showcase how music helps with communication skills. The audience & band were happy to join in as they demonstrated 'My Hat it has Three Corners' - a song designed to improve memory and cognitive function. Thanks to Paul Tickner, Music Teacher, who led this.



Alton Sports Centre continues with Dementia-friendly initiative

All new staff at the Centre are about to be trained in Dementia awareness - so that they are able to offer the best service to people with dementia and their carers. HOW CAN THE SPORTS CENTRE HELP YOU ? Let us know what session you would like to see on offer.

everyone
ACTIVE

1st December - 10am - 4pm - Yuletide Festival