

# Dementia - friendly Alton - Jan-Mar '15



Debbie Thompson, Anna Chaplain, chaired the panel discussion, which included Terry Eccott (Dementia Ambassador) and Norman Murphy of Bluebird Care, following the first showing of 'Eclipse of the Mind'. The documentary, which was viewed by over 200 people on this special preview evening, follows Terry's personal journey with dementia.

## News from Dementia-friendly Alton - Newsletter number 3

### Dementia-friendly Alton - more businesses / services joining

Dementia Champions in Alton (see inside) are working alongside local businesses and service providers to agree and complete the Action Plans in which a commitment to the aims of the Hampshire Dementia Action Alliance (HDAA) can be demonstrated. More Action Plans will be agreed early in 2015, as the team work towards the target of 100 HDAA members by July 2015. If you know of a local business who is interested in becoming a involved in the Dementia-friendly Alton initiative - please get them to contact the local Dementia Champions - see details at the 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)



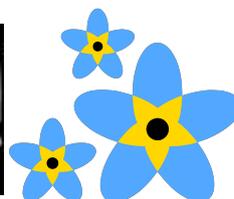
### 'Rocking-out' in support of Dementia-friendly Alton

Local Music School 'Rock Out' generously held a retiring collection at the end of their 2014 Christmas Show, raising £110.00 in support of the Dementia-friendly Alton initiative. This money will be used to fund printing costs for newsletters and flyers that are part of our communication strategy.

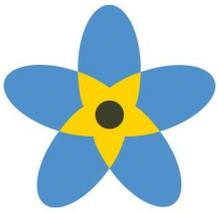
The power of music and song in helping to maintain cognitive function, promote confidence and encourage social relationships is well documented for those diagnosed with dementia.

The 'Rock Out' team were pleased to be able to support a local charity in this way. For music lessons with a difference call Rock Out on 0845 680 4685

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# Meet the Committee of Dementia-friendly Alton



**Sally Garner - Chair**

As with many of my colleagues (I suspect) I came into the group because of family history. Two of my grandparents had Alzheimers and my father suffered from Vascular Dementia for some years before his death.

I like having the chance to do something towards raising awareness of how much we can all do to help people with dementia and their families. I have a

background of 30 odd years (some very odd!) in the voluntary sector as both a volunteer and paid worker, including being the Chief Executive of Rushmoor Voluntary Services based in Farnborough, being a trustee of the Scleroderma Society for 12 years, and serving on several committees in various roles.

Hopefully along the way I have picked up something useful to bring to the team.



**Philip Edwards - Deputy Chair**

Before retiring I worked for many years as a Community Affairs Director for a large retailer, so I have a wealth of experience in relation to agreeing and arranging funding for charities of various sizes. In addition to being Vice Chair on this Committee, I am also Vice Chair of Alton and Petersfield Multiple Sclerosis Society and a Committee Member of Alton Charities Together.

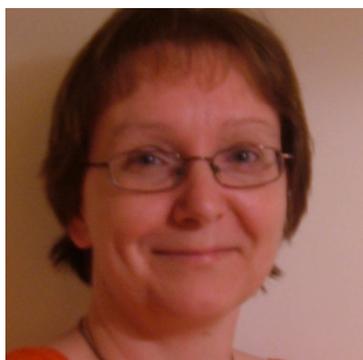
In the last few years, I have seen the challenges faced by several of my own relatives, who have been diagnosed with dementia, and decided that I wanted to help in any way that I could.

As most of my career was in the retail industry, I am pleased to see that a large proportion of our members so far are retailers and are supporting their staff to understand how they can help individuals living with dementia and their families. I believe this is a great benefit to the community of Alton.

**Janette Kuttner - Treasurer**

As the Manager of Marlfield Care and Nursing Home in Alton, Janette has a personal and professional interest in the level of support given to individuals and their families faced with the challenges of dementia. Janette is also keen to see Marlfield integrating more with the local community, so that there is more awareness and less concern related to the role of residential care provision for those diagnosed with dementia.

As Janette is very keen to be involved in the Local Dementia Action Group, she is happily taking on the role of treasurer. Any funds raised for the group are generally used to cover costs of printing the quarterly Newsletter, so that hard copies can be circulated to surgeries, libraries, salons, opticians, dentists and other public places, in addition to being emailed to all those on the database.



**Karen Murrell - Secretary**

I put myself forward as a Dementia Champion and Ambassador within Alton because of my own personal experiences of supporting my late father on his journey with vascular dementia, as well as witnessing the effects on my Nan many years earlier.

As a nurse teacher, delivering local and national education, that enables professional and lay carers to consider and develop their practice in relation to

dementia care, is an integral part of my role.

Being a volunteer within the Dementia-friendly Alton Initiative, therefore, is clearly 'in line' with my professional and personal beliefs.

Having been 'born and bred' in Alton myself, I am passionate about 'doing my bit' to ensure that Alton and the surrounding villages, are not only 'dementia-friendly', but are a supportive and inclusive community for all.



**Terry Eccott - Press Release Officer**

I put myself forward for the DFA committee because as I am living with Dementia myself, I feel that action groups like this are essential and extremely worth while for Dementia Awareness. I am an Ambassador for the Alzheimers Society as well as Hampshire Ambassador for Dementia Friendly Hampshire (one of only two individuals in that role are living with Dementia).

In my role, as well as being a co-founder of the Dementia-friendly Alton initiative, I have been busy nationally: giving presentations in Hospitals for nurses and volunteers, as well for the Alzheimers Society and other charities; undertaking regular interviews on The Breeze radio station; and making the 'Eclipse of the Mind' documentary (which is following me on my journey with Dementia from beginning to end - see front page).



**Kate Crosswell and Krysia Malcherczyk  
Committee Members**

Both members work at Marlfield Care Home in Alton and through their work and training I have learnt a lot about Dementia.

They first became aware of Dementia-friendly Alton earlier this year following an article in the local paper and both thought it was a fantastic idea. Then in

the summer they saw the Newsletter in Sainsburys so was able to follow up on their interest.

They believe that although everyone has probably heard of dementia, there are not many people that have a true understanding of the implications for people who live with it and their families. With so many people living with Dementia in our community, to have the shops, businesses and services in Alton becoming more aware is a good thing.

Kate Crosswell (above)

**Mike Colvin - Committee Member**

As the owner of Home Instead East Hampshire I am in the privileged position of being able to support clients and their families who face the daily challenges of dementia. As dementia specialists we are ideally placed to achieve this with our Caregivers receiving the City & Guilds accredited dementia training. Our focus is on providing companionship and home help to the elderly in their own homes and with the combination of having a minimum of one hour visits and highly

trained caregivers we have the necessary time and expertise to meet the many different and often challenging behaviours associated with dementia. I am delighted to have been appointed as Dementia Ambassador, having already dedicated time to support the challenge of making Alton a Dementia Friendly High Street. I believe that working with like-minded people within the local community will really go a long way to supporting families today who are affected by dementia.



**Norman Murphy - Committee Member**

Norman Murphy is the Owner & Managing Director of Bluebird Care (Alton & Alresford). Bluebird Care provide care to people in their own homes to enable them to enjoy living independent lives surrounded by their family, friends and possessions.

Norman's first real experience of the care industry came at a time when his own Father was diagnosed with Alzheimer's Disease and the World of Care suddenly

entered his family's life. Raising awareness of Dementia in the Alton Community is something that Norman feels extremely passionately about whether that is through Bluebird Care or in his voluntary work with Dementia

Friendly Alton, Alton Charities Together and other Hampshire wide charities. Norman lives happily with his wife and two young daughters in Four Marks and enjoys cycling around the country lanes of Hampshire.



Susie Dean

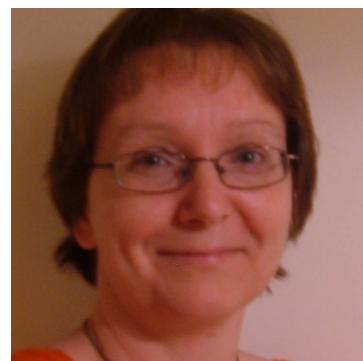


Sally Garner

**Just some of your Alton Dementia Champions who are delivering and supporting Dementia Friends sessions locally - more photos for the 'rogues gallery' in the next newsletter**



Barbara Rayner



Karen Murrell



Julie Jones



Terry Eccott

# Dates for your diary

## Dementia Friends Sessions

05/03/15 from 1400 -  
1445 at Alton  
Community Centre .  
Book your place for  
Dementia Friends  
sessions at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

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

## January

JAN

NO Carers Hub in  
January 2015

9,16,23,30

Alton Silver Song Club  
10.00 - 11.30 at Orchard  
House - see below for more  
details

13

Dementia Advisory Clinic  
10am - 1pm  
Alton Eye Care  
See below for more details

21

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

## February

6,13,20,27

Alton Silver Song Club  
10.00 - 11.30 at Orchard  
House - see below for more  
details

5

Carers Hub - 10 am - 4 pm

St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

9

Dementia Advisory Clinic  
10am - 1pm  
Alton Eye Care  
See below for more details

11

Dementia-friendly Alton  
Birthday Tea - a year since  
our first awareness session!  
11 am - Salvation Army, Alton

18

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

## March

5

Carers Hub - 10 am - 4 pm

St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

6,13,20,27

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## Alton Silver Song Club

Friday mornings at Orchard House. Coffee  
and chat from 10am followed by music and  
movement from 10.30 - 11.30am. Cost just  
£1.00 for tea / coffee and biscuits.

Further details contact Barbara Rayner on  
01420 80445

## Dementia Advice Service Clinic

Especially for people with dementia, their  
carers, family and friends. Held on 2nd  
Monday of each month from 10 am - 1 pm at  
Alton Eye Care, 23 Market Street.

Contact Dementia Advisors on 01962  
884432 (Office) or 07825 441969 (Jody)

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## Carer's Hub

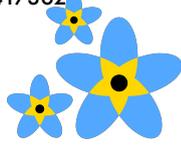
Support meeting for carers and cared for.  
Held on first Thursday of each month from 10  
am - 4 pm at R C Church, Alton. Light lunch  
available for £1.50 or bring your own.

Contact Georgina White 07824 15020  
or Claire Skilton 07769 170246 for information

## 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



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## STOP PRESS

### HELP US TO CELEBRATE

**Dementia Friendly  
Hampshire Conference  
and Roadshow  
to be held at  
Middle Brook Centre  
in Winchester  
12th February 2015  
09.30 - 16.15**

**'Save the date'  
For more details  
contact Dementia-  
friendly Alton**