



How to contact / follow us:

To find out about dementia-friendly activities in the area go to:

www.dementia-friendly-alton.org.uk

Follow and promote / share us on facebook (Dementia Friendly Alton) and on Twitter - @DFAlton

To receive an electronic copy of this newsletter or make an enquiry email us on:

dementia_friends@btinternet.com

To speak to your local Dementia Champion call 07922 022321



Garden Sessions starting soon

As we ease out of lock-down we are pleased to be able to introduce outdoor gardening and horticulture sessions. Making the most of nature and all it has to offer whilst still encouraging support and friendship seems so important to everyone at the moment, so we are pleased to address this as follows:

GARDENING on Wednesdays - COMMUNITY CENTRE MEMORY CAFÉ (picture top left)
'LET'S GET GROWING' IN THE TOWN PARK ON SUNDAYS (from Sept 2021) (picture top right)
'HELPING at the ALLOTMENT' from Sept 2021 dates TBC (see picture left)

SEE INSIDE FOR MORE DETAILS

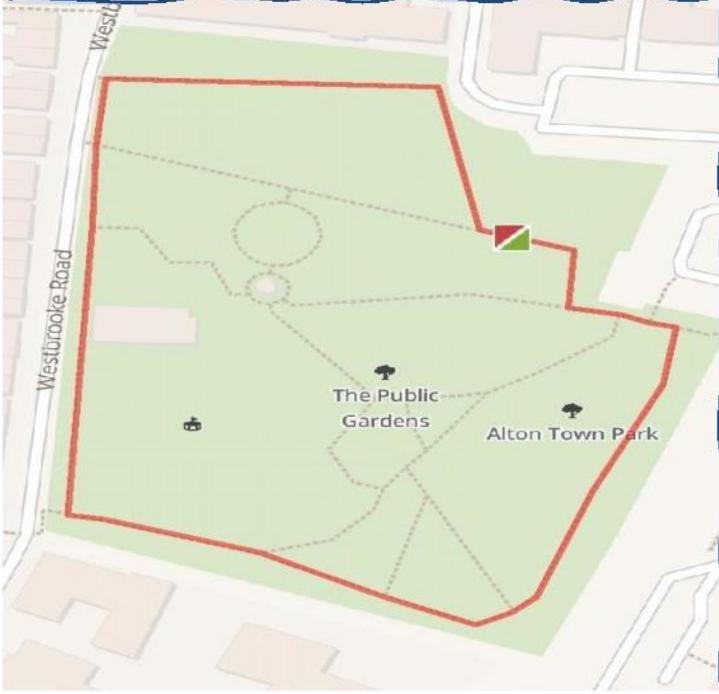


Forget-me-not Walk – Town Park Sat 4th September 2021 from 10am

Join in the fun and celebrations as part of the 'All Things Local' event in the Town Park by walking with others on a pretty 500m stroll around one circuit, or a more challenging jog if you prefer. Get sponsored for your efforts to help raise valuable funds for dementia-friendly activities in Alton. A healthy lifestyle hamper will be awarded to the walker / jogger raising the most sponsorship!



How to get involved in the Walk - Access information sheet and complete registration and sponsorship forms available from: Community Centre, Santander, Sports Centre, Specsavers or online via website / facebook. www.dementia-friendly-alton.org.uk Choose your own distance, pace and company to enjoy the route / nature trail quiz around the Town Park – starting and finishing at the Sensory Garden area – the latest location for dementia-friendly activities in Alton.



Gardening Time at the Memory Cafe

During our Memory Café **every Wednesday** from 1100 – 1300, our members can help maintain and add to the lovely courtyard garden. This is already proving to be a great success as each week those attending like to step out into the courtyard to see how THEIR plants are doing. This is enjoyed by all who take part & encourages creativity.

Allotment Antics Coming Soon !!

We are currently tidying up our newly acquired allotment at Wooteys and are planning to host gardening and social sessions there from Autumn 2021
WATCH THIS SPACE



McCARTHY STONE
FOUNDATION



‘Let’s Get Growing’ – Town Park

From **Sunday 5th Sept 2021**, we will be hosting a social and horticultural meeting at new benches being installed by the Sensory Garden every Sunday from 1430 – 1630. Pop up Gazebos will be on hand to ensure that cloudy weather doesn’t stop proceedings. Please come along and join us for some weeding and pruning while we chat. Bring your own picnic or enjoy discount refreshments courtesy of



Dementia-friendly Alton 2021 dates for your diary

NEW- Sensory Garden – Happy to Talk and Lets Get Growing from Sept 2021



ALTON COMMUNITY CENTRE – MEETING CENTRE

Every Wednesday – support during all day session:

1000 – 1100 – Meet with Dementia Friends in the Garden/Cafe

1100 – 1300 – Memory Lane Café – Crafts/Music/Gardening

1300 – 1400 – Lunch break at your leisure
(Regency Café will be open)

1400 – 1500 – Love to Move

1500 – 1600 – Time to chat – in the garden or lounge



Legions Legends back on at the British Legion, Anstey Park

From 1400 - 1530 on the second
Thursday of every month join Judy,
Anne, Sarah, Pat and Colin for tea
and cake and a varied programme
of activities / visitors

12th August

9th September

14th October

11th November

9th December



Memory Lane Singing at Orchard House - Join us at 11.00 to sing from

11.15 – 12.15 with Paul Tickner

6 & 20 August, 3 & 17 September

1 & 15 October, 5 & 19 November

Tea Dances restart at the Legion too!

TUESDAYS once a month at 1400-1530

21st September

26th October

23rd November

21st December

Forget-me-not Walk during 'All Things Local' Event – Saturday 4th Sept 2021
Information & sponsor forms can be downloaded from website or collected
from Specsavers, Santander, Community Centre and Sports Centre
(see inside page for more information about the event)

BIG THANKS to John Maries for continuing support to our Legion
Legends meeting and fund raising another £106.00 to support our work

THANKS also to Moira Masson of AVLAN

Who has given us so
much support and time
to help us get the
Community Centre
Garden ready for the
Memory Café



WOULD YOU LIKE TO VOLUNTEER?

With so much dementia -
friendly activity happening in
Alton and surrounding area,
'helpers' are always welcome.
Please contact us if you would
like to help in any way