



**Dementia  
Friendly  
Alton**

Charity Number - 1202095



The Queen's Award  
for Voluntary Service



MEETING CENTRES UK  
ALTON MEETING CENTRE

Number  
**45**

Contact us – dementia\_friends@btinternet.com - 01420 551455

# Newsletter - Jan - March 2026

**Showcasing the WEDNESDAY Wellbeing Hub with MIND & Home Instead at Alton Assembly Rooms – your local Centre for Health and Wellbeing**

## Community Coffee – 1000 – 1300

Hosted in partnership between Home Instead and Dementia-friendly Alton.  
Crafts / Quiz / Puzzles & Chat



## Holistic Therapies available

### Weekly (Payable)

Footcare with Beth – drop-in for more info  
Pilates session 0930 – 1030 with Pheobe

### Fortnightly (Free of charge)

Mini-reflexology tasters from 1100 – 1230  
with Charlotte Pragnell  
Tai Chi Group with Sue Kelly 1200 – 1230

**More to  
come  
in 2026!**

## Mindful Connections – 1130-1245 with Havant and East Hants MIND

Calm & welcoming Peer Support group  
Enjoy some gentle creativity  
Accessible arts and crafts  
Mindfulness  
Journaling  
and more.....  
Relaxed conversation in a safe space  
Pop in every Wednesday  
to find out more



## Keeping Active for All

'Love to Move' – 1100 – 1145  
Golden Grooves – 1300 – 1400  
Neurochirobics – 1415 – 1515 (fortnightly)

Indoor bowling – coming soon !

Wellbeing Garden Group – join us in the  
Town Park in the afternoon – restarts in  
February to get ready for Spring

## Huge thanks to Newbury Building Society



## Huge thanks for recent donations

Alton Rotary Quiz night £870  
Alton Lion's Santa Fund £200  
Mark Pullen Gardening £20  
Creative & Bloom Craft Fair £390  
Newbury Building Society £1477  
Antico Lounge £1895  
Private Donor £20,000  
Family of Reg Trickey £40  
EHDC Rural Grant to upgrade Assisted  
Listening system & cinema screen £18000  
Bespoke Bar and Artlux  
regular donations





With more shows and events booked at Alton Assembly Rooms for 2026 – it really is the place to be! An extended programme for film nights is coming with the new and impressive cinema facilities. Twelve 'Tribute Nights' scheduled, with something for everyone on the 'billboard'. Staff / volunteers are here to welcome you.



# UPCOMING TRIBUTE NIGHTS!



LIVE @ THE ALTON ASSEMBLY ROOMS

- SAT 31/01 **80S LIVE SHOW** By AIRTIGHT 80s
- SAT 07/02 **THE WEST END JERSEYS**
- SAT 07/03 **ELVIS NIGHT** By KEVIN PAUL
- SAT 25/04 **THE BEATLES** By THE UPBEAT BEATLES
- SAT 23/05 **QUEEN** By THIS IS QUEEN
- SAT 06/06 **THE BRIT POP BAND**
- SAT 18/07 **WHITNEY HOUSTON** By I'M EVERY WHITNEY
- SAT 01/08 **BACK THE 60s** By THE NEW AMEN CORNER
- SAT 05/09 **THE VERY BEST OF NEIL DIAMOND & ELTON JOHN**
- SAT 03/10 **A NIGHT OF ABBA** By ABBA STARS
- SAT 07/11 **FLEETWOOD MAC** By FLEETWOOD COLLECTIVE
- SAT 05/12 **PINK FLOYD** By ATOM HEART FLOYD

**ALTON ASSEMBLY ROOMS**  
High St, Alton GU34 1BA

For more Info and Tickets visit  
[buytickets.at/altonassemblyrooms](http://buytickets.at/altonassemblyrooms)



**Dementia Friendly Alton**  
Shining a light on Dementia

**CARER'S INFORMATION EVENING**  
Financial & Planning Essentials for Carers  
WEDNESDAY 28th JANUARY - 4.30 - 6.30pm  
ALTON ASSEMBLY ROOMS, ALTON, GU34 1BA



**BOOK YOUR TICKET NOW!**

**TOPICS COVERED**  
ESTATE FINANCE  
TRUSTS & WILLS  
CARE FUNDING  
CARE OPTIONS  
LPAs  
CARER SUPPORT

A relaxed evening session, providing essential information & an opportunity to talk to other carers.

Following key speakers there will be time to ask questions and make suggestions for future Carers Events

**01420 551455**

**Spaces are limited - SO BOOK TODAY!**

BOOK VIA QR CODE ABOVE  
REFRESHMENTS AVAILABLE



**Alton Place**  
Care Home



true potential  
wealth management

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

**NEW Living Well Programme**  
Being repeated in January 2026



## Living Well with Dementia 10-week course

Next course starts 16<sup>th</sup> January 2026  
11.00 - 12.30



Listen, share, explore memory strategies and connect with others at Dementia-Friendly Alton

**About Us**

Join Rebecca James (yoga therapist) and Karen Murrell (RGN, DFA Coordinator), to explore what living well with dementia means for you in a supportive group setting.

dementia\_friends@btinternet.com  
<http://www.dementia-friendly-alton.org.uk>  
01420 551455  
Alton Assembly Rooms, GU34 1BA

# JANUARY 2026 - Programme for Centre for Health and Wellbeing:

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

Call 01420 551455 or Email - [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)

Alton Assembly Rooms, High Street, Alton, GU34 1BA

Day Time	MON	TUES	WED Wellbeing Hub	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 and Lesley  Time for tea and chat 12-13  Healthy snack club	1000 - 1300 Community Café with Home Instead and MIND (Crafts/Tai Chi/ Reflexology / Love to Move)  Wellbeing Wednesday Gardening 1200-1400	0930 -1100 Tea & chat / Bowls  1100-1145 Golden Grooves / Love to Move or Bowls	1100-1230 Music Café/ Dementia Choir  LIVDEM Programme starts 16 <sup>th</sup> Jan 2026 1100 - 1230	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest (Mar-Dec) - See website for details	
1300 – 1330 - Friendship Lunch – join with friends for Group Lunch session (Fish and Chips on Friday)							
1330 - 1530	1300–1400 Mini quiz and culture chat  1400-1530 Love to Move	1300-1400 Wellbeing Walk  1430-1530 Yoga with Rebecca James  Time for Volunteers (Induction / Drop-in / Interviews / Training )	1300-1400 Golden Grooves  1330 – 1530 Inter-generational Games/Bowls  1415 – 1515 (2 <sup>nd</sup> and 4 <sup>th</sup> Wed) Keep Active  1500 – 1600 Yoga with Sue Tupper  CARERS DAY Ask for info	Heritage and Culture Club (Memory Book/Movie Quiz / Guest speakers ) Garden Gang @ Allotment	1330-1530 Tea Dance  Counselling for Carers 1300 – 1500 Starts 16 <sup>th</sup> Jan 2026		
				<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>NURTURE GROUP Young Onset Meeting 3<sup>rd</sup> Thurs 10-2 Alice Holt</p> </div>			