



**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 - Oct - Dec 2025



.. and the award for the 'most inclusive community production' goes to
Well it has to be 'Remember When.....our review of the Last 75 Years' – the recent co-production with Alton Operatic Dramatic Society. The fast-paced show fused key news items (chosen by our members), from each of the last eight decades, with charming 'kitchen table conversations' and a collection of classic songs. With a cast consisting of DFA members, carers & volunteers, 'seamlessly' inserted performances from AODS singers and a George Formby tribute act, audiences attending the three shows were kept 'up on their feet'. To see video of the show, go to DFA website.



Huge thanks for recent donations

- Alton Beer Festival - £720.00 – Park Bench
- Harry and Liz Glover £100.00
- Methodist Coffee Group £1000.00
- EHDC Councillors - £1050.00 to improve facilities for events
- Bespoke Bar and Artlux regular donations from Tribute Nights
- Jane Austen Regency Week - £320.00
- Heritage Day Donations / Café - £215.00



Fond Farewell to two gentlemen

Best wishes and thanks sent to the families of Terry and Martin. Two of 'lives' 'true gents', are sadly missed by the group. Terry was the 'best carer' his wife Gill could have wished for, whilst Martin's smile and gentle nature made him a very special member of our team.



Scan QR code below to **DONATE**





PAX HILL

Care home for the elderly

At **Pax Hill** we recognise that every dementia journey is different. We offer person-centred, compassionate care in a modern, purpose-built care home.

- 24 Hour Care Staff
- Comfortable rooms with en-suite wet rooms
- Beautiful grounds in the Hampshire countryside
- Dedicated wellbeing and activity coordinators
- An activities programme tailored to individual needs
- Great food and menu choices with meals cooked in house

If you or someone you know is considering making the step into a care home, speak to us and find out what makes Pax Hill a special place to live.

To find out more or to arrange a visit contact Angela on **01420 525882**



**People don't live in our workplace,
We work in their home.**



**Our next stage performance
See us at the Christmas Show**

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

DEMENTIA-FRIENDLY ALTON

CHRISTMAS ROCK PARTY

**SAVE THE DATE
DEC 19
6PM**

VARIETY OF MUSICAL ARTISTS,
POETRY AND SKETCHES, FUN EVENING
FOR ALL, WATCH THIS SPACE FOR
PROGRAMME AND TICKETS !!

**ALTON ASSEMBLY
ROOMS**

01420 551455
DEMENTIA_FRIENDS@BTINTERNET.COM

Living Well with Dementia 10-week course

Next course starts 16th 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

Our NEW Patron Rt Hon Damian Hinds MP officially opened our Annual Forget-me-not Walk – a peaceful walk along the NEW Brewery Heritage Trail



As **Patron** to the Charity Damian is pleased to support all activities and events organised as part of the comprehensive service. As DFA leads the field in all aspects of dementia support within the Community, an Ambassador at Government level, who themselves is known to have a personal interest in dementia services and carer support is a real WIN WIN!

The return of our Annual Forget-me-not Walk

Our members missed the walk last year, as we were so busy with our move into the Assembly Rooms. So we made sure that with the new Brewery Heritage Trail opening, there was no excuse for them not to ‘strut their stuff’ & raise an amazing £850.00 for DFA. They all appreciate the opportunity to ‘Give something back’.

A date for your diary...

Craft Fair

A wonderful day celebrating creativity!

Browse unique craft stalls featuring:

- 🎨 Artwork • 🧵 Quilting • 🪚 Wood Turning •
- and much more!

Perfect for gifts, treats, and inspiration.

Come along and support local makers, take part in the raffle, other draws and enjoy the refreshments too!

November 1st, 2025

10am - 3pm

THE ASSEMBLY ROOMS,
ALTON GU34 1BA

HOME OF
DEMENTIA-FRIENDLY ALTON



Dementia Friendly Alton
Shining a light on Dementia

CARER'S INFORMATION EVENING

Legal, Financial & Planning Essentials for Carers
WEDNESDAY 15th OCTOBER - 4.30 - 6.30pm
ALTON ASSEMBLY ROOMS, ALTON, GU34 1BA



BOOK YOUR TICKET NOW!

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 attend private viewing of Alton Art Society Exhibition

01420 551455

Spaces are limited - SO BOOK TODAY!

BOOK ONLINE OR VIA QR CODE

- TOPICS COVERED**
- LPA's
 - TRUSTS & WILLS
 - CARE FUNDING
 - CARE OPTIONS
 - ESTATE FINANCE
 - CARER SUPPORT



OCTOBER 2025 - Programme for Centre for Health and Wellbeing:

www.dementia-friendly-alton.org.uk

Call 01420 551455 or Email - dementia_friends@btinternet.com

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

Day Time	MON	TUES	WED Health Hub 1000 - 1400	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	Health Checks Memory Lane (Crafts/Tai Chi/ Reflexology) Wellbeing Wednesday Gardening 11-12	0930 -1100 Tea & chat / Bowls 1100-1145 Golden Grooves / Love to Move and / or Bowls	1100-1230 Music Café/ Dementia Choir (1 st Friday) Carers Day AM - Legal Surgery & Carers Group	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest (Mar-Dec)	
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) Accessible Performing Arts coming soon	1300-1400 Golden Grooves (Open to All) 1330 – 1530 Inter-generational Games OR 1415 – 1515 (2 nd and 4 th Wed) Get Active chairobics 1630 – 1730 Yoga with Sue Tupper Evening Carers Café (Dates TBC)	Heritage and Culture Club (Memory Book/Movie Quiz / Guest speakers) Garden Gang @ Allotment	(1 st Friday) Reflexology for Carers 1330-1530 Tea Dance LIVDEM Programme 10 wk course 16 th Jan 2026 Legal Surgery PM TBC	- See website for details	

NURTURE GROUP
Young Onset Meeting
3rd Thurs 10-2
Alice Holt

