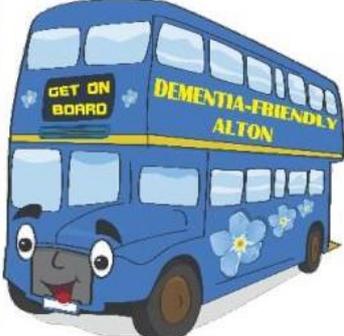




The Queen's Award
for Voluntary Service

Dementia-friendly Alton

Charity Number - 1202095



Newsletter Number 37 Nov - Dec 2023

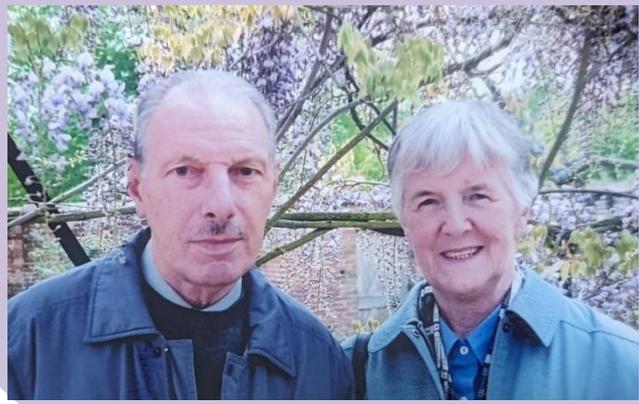
Dementia-friendly Alton on the move
Staff, volunteers and members are very excited to announce that we will become 'custodians' of the iconic Assembly Rooms, in the 'heart of Alton' from January 2024. After some initial refurbishment from Jan-Mar, whilst the venue remains open, all DFA sessions will relocate by April 2024. Pop along to the Yuletide Festival at the Assembly Rooms on November 24th from 3-7pm, to find out more about the move and how you can get involved in shaping future use of this amazing venue.
(Thanks to Pam Jones (Pellart) for use of artwork)



Huge thanks for recent donations
Thanks to Paul Starr who donated funds in memory of his late brother John, which will be used for printing a special gift book .
Thanks also to St Lawrence Chapter 2016 Masonic Centre for donation of £250.00 to 'assist in our valuable contribution to the local Community.'
Pleased to be Charity Partners of




Funds donated in Loving Memory
Our thanks and best wishes are sent to Anne at this difficult time. The cheeky 'giggle' of your lovely mother Helena is missed by us all. Picture chosen by Anne shows her mum with the 'love of her life' Jeff.



To volunteer with US at the Lottery funded Alton Meeting Centre
Scan QR code below or drop in anytime





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What's on – Monday to Saturday

Monday – Creative & Curious – 1030 – 1230 – Edgar Hall

Meet with friends to unleash your creativity in our relaxing and mindful 'crafty' session to start the week – see website / noticeboard for exact programme

Monday – Gardening Gang at the Town Park – 1400 - 1530

Meet in the Sensory Garden to help with the raised beds / Butterfly Walk . Always a job to do – big or small – Enjoy homemade cake and a cuppa



Tuesday Evening – Gentle Yoga at Edgar Hall – 1800 - 1900

Time to relax and restore with Sue Tupper Yoga – FREE to attend / book for members

No daytime session on TUESDAY as support is available from the Community Club with Altonian Care at the Alton Community Centre – call 01420 85057



Wednesday – Meeting Centre at ALTON COMMUNITY CENTRE:

1030 – 1300 – Chat with friends over a cuppa, with a craft activity each week, and a fortnightly Quiz with Keith or Tai Chi session with Sue Kelly (1230–1300)

1300 – 1400 - Friendship Lunch – Inside or out in the pretty Courtyard

1400 – 1530 – Choice of activities (Intergenerational) – Table-top horticulture, maintaining the Courtyard Garden, afternoon stroll to Flood Meadows, parlour games or seated exercise – with Afternoon Tea

During term-time – joined by St Lawrence pupils (2-3 pm)



Thursday AM - PACE Programme Edgar Hall, Anstey Park – 0930 - 1215

0930 - Walking for Fitness - 45-60 min group walk as far as Holybourne

1030 – 1215 – Coffee and catch up / Bocce & Get Active session in Edgar Hall

Thursday PM - Gardening Gang at Wooteys Allotment – 1300 – 1530

Join us at the Allotment on the Wooteys Site – great exercise!

Call 01420 551455 to book. Supported by Anstey Junior Pupils

Second Thursday each month – 1400–1530 – Legion Legends at British Legion



Every Friday – Music & Movement @ Edgar Hall, Anstey Park

1030 – 1215 – Meet for a cuppa and chat before Music from 1100

1115 – 1300 – Carer support session – check programme on noticeboard

1230 – 1330 - Lunch – Bring your own or enjoy Fish & Chips

1330 – 1530 - Lets Get Active - Indoor games or Tea Dance with Paul O'Brien Dance



MEETING CENTRES UK
ALTON MEETING CENTRE

1st Saturday each month - FLOURISH IN THE FOREST

at Alice Holt – check website for details / to book your place – FREE lunch

For more information regarding all events go to

www.dementia-friendly-alton.org.uk or call 01420 551455