



Newsletter Oct - Dec 2018

The 24th annual fund raising event co-ordinated by Kate Dando and her family & friends saw £650.00 donated to support the activities of Dementia-friendly Alton. Photo shows cheque hand-over to Sarah Gardner, of Andover Mind and DFA and others at the Information & Wellbeing event for the Elderly - 21st Sept at Roman Catholic Church



August 2018, saw the first 'Forget-me-not' Church Service held in Alton which was considered by all to be a thoughtful and sensitive occasion. Sincere thanks to the Anna Chaplains for organising this. The service was followed by afternoon tea and a lively sing song in All Saints church hall. Future church events will be posted here.



October 18th 2018 - Alton's Inner Wheel group will be embarking on a sponsored walk around Alton to raise funds for Dementia-friendly Alton. To find out more / sponsor or get involved in this and other activities of Inner Wheel please contact Pam Conway, Secretary on 01962 733948



To join the Dementia-friendly Alton initiative or share relevant news please contact us - see details overleaf

Diary dates

Dementia Friends Sessions

Contact Dementia-friendly Alton if you would like a 'Friends' session for your group / organisation.

Next session 26th October -1300 -1400 at Alton College

To book a place on this visit or other local Dementia Friends sessions go to www.dementiafriends.org.uk

Follow the Dementia-friendly Activity in your local community on Twitter

@DFAlton



Connect to 'Dementia-friendly Alton' on facebook, like our page and help us share all our news



For up to date news check out our website www.dementia-friendly-alton.org.uk



For an electronic copy of this quarterly newsletter - please send your details to: dementia_friends@btinternet.com



To speak to a local Dementia Champion call **07922 022321**



October

1, 15

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church See over

3, 17, 31

Memory Lane Cafe
11.00 - 13.00
Alton Community Centre
See over

4

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Princess Royal Trust for Carers (see over)

5, 19

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

5, 12, 19, 26

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

11

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park
See over

25

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park
Alton - See over

26

New Directions event
1100 - 1600 at Alton College - come and see us!

November

1

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Princess Royal Trust for Carers (see over)

2, 9, 16, 23, 30

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

2, 16

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

5, 19

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church
See over

8

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park
See over

14, 28

Memory Lane Cafe
11.00 - 13.00
Alton Community Centre
See over

22

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park
Alton - See over

December

2

Yuletide Festival
10.30 - 12.30
St Marys Catholic Church
See over

3

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic Church
See over

7, 14, 21

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
See back page for details

6

Carers Hub -10 am - 4 pm
St. Mary's R C Church
Princess Royal Trust for Carers (see over)

7, 21

Memory Lane Sing-a-long
11.00 - 12.15
Orchard House
See over

12 - Christmas

Memory Lane Cafe
11.00 - 13.00
Alton Community Centre
See over

13

Legion's Legends
2 - 3.30pm
British Legion, Anstey Park,
See over

20

Tea Dance & Pub Games
1.30 - 3.30pm
British Legion, Anstey Park

Guide to local Dementia-friendly Activities

Dementia Advice Service - For people with dementia, their carers, family and friends. Home visits or local meetings can be booked with Sarah Gardner on Mon / Tues / Thurs each week. Contact Sarah - dementiaadvicebasingstoke@andovermind.org.uk or on 07827 317650 or 01256 423829

Alzheimers Drop-in Service - First Friday of the month from 10-12 noon at Alton Library from . Contact Sean Deegan from Alzheimers Society office Basingstoke- 01256 363393 / sean.deegan@alzheimers.org for more information. basingstoke-district@alzheimers.org

Carers Hub - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Princess Royal Trust for Carers on 01264 835246/ 835205 or info@carercentre.com for more information.

Music and Memories Café - an opportunity for those with dementia and their carers to meet with others for support, reminiscence and relaxation through music. Led by Home Instead on Monday mornings from 10.30am every 2-3 weeks - free to attend - for more info call 01420 543214

Memory Lane Café - an opportunity for those with dementia and their carers to meet with others for support, reminiscence and relaxation with craft work, cake and

quizzes. Led by Altonian Care on Wednesday mornings from 1100 - 1300 every 2 weeks - free to attend - for more info call 01420 85057

Dementia-friendly Tea Dances / Pub Games at the Legion - Held monthly on a Thursday - from - 1.30 - 3.30 pm - see calendar page. The opportunity to dance in a relaxed and informal setting with support from Paul O'Brien dance school, or play pub games with members of the British Legion if you prefer. Free to attend. Contact 07922 022321 for more information.

Legion's Legends - A free social group for ex-service personnel and people with an interest in the military. An opportunity to socialise in a safe and supportive environment. Held at the Alton British Legion from 2-3.30pm on the second Thursday of each month. Contact Sarah Gardner - 07827 317650 or Pat Murrell - 07771 790228.

Alton Memory Lane - A fun, sing-a-long workshop suitable for people with dementia or memory loss and their carers/friends. Held twice a month at Orchard House, off Drayman's Way, Alton. Arrive at 11.00 - singing from 11.15 - 12.15. Free to attend. Contact Dementia Friends on 07922 022321 or Maxine of Radian 01420 85952 for more information.

Orchard House take the lead down Memory Lane



Maxine Ford of Radian, based at Orchard House pictured with Paul Tickner, Musician enjoying a song with Alan and Maureen, regular attendees at Memory Lane Singing session held twice a month on Fridays from 1100 - 1215 at Orchard House. If you love to sing and meet new people, then come along. Free to attend.

With thanks to Maxine and the Radian team at Orchard House who have kindly agreed to run this event with support of Gilly Walsh of Dementia-friendly Alton. For more information see contacts above.

News from Dementia-friendly Alton members and supporters

Thanks to Iceland in Alton - fund raising for Alzheimers Research Kate Crosswell of Dementia-friendly Alton with Jasmine of the Alton Store, who along with rest of Iceland team will be updating their dementia-awareness training in October 2018. The update will coincide with release of new window stickers for shops.



Altonian BBQ Guru - Mel Rhodes

Trading samples of his delicious cured ham at the Big Meat and Music Festival in Tilford, Mel raised an amazing £610.00 for the Alzheimers Society. Pictured here with Sean Deegan, the new Alzheimers Support Worker for the Alton and Basingstoke Area.

Thanks for donation - Four Marks Afternoon WI Group

Big thanks to Barbara Thomas and the ladies of the Four Marks Afternoon Group for their amazing donation of £160.00. This amount has been donated to cover costs of printing the newsletter this quarter. So thanks to their donation - you are able to read this!!



Thanks to Geoff Goodall and his family

Donations collected at Geoff's birthday party were split between two charities. A total of £160.00 was donated to Dementia-friendly Alton to support the monthly tea dance, which Geoff also volunteers and dances at. Donations were made in memory of May Goodall & May Woods (Geoff's Mum & Nan).

Afternoon Tea in the beautiful Gallery Gardens

Sarah Gardner, Dementia Advisor and Sonya of the Red Cross in Alton, supervised an outing of the 'Forget-me-not Ladies Group' to the Allen Gallery, with the help of Judy Aiken another valuable volunteer. If you know anyone who would like to join our ladies group - contact Sarah - details inside.



Supporting our volunteers to support you

As much of the work Dementia-friendly Alton does involves working with people who could be considered vulnerable, its important we are prepared for our role. This year Judy Aiken and Sarah Gardner undertook Level 2 certificate, whilst Karen Murrell became a Level 3 Safeguarding Trainer. Thanks to Community First East Hants for funding this.