



# Dementia-friendly Alton



The Queen's Award for Voluntary Service

## Newsletter

Number 31

## Oct – Dec 2022



Remembering our Queen



To find out about dementia-friendly activities in the area go to:  
[www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)  
Follow and promote / share us on Facebook (Dementia Friendly Alton)  
Twitter - @DemFriendsAlton  
To receive an electronic copy of this newsletter or make an enquiry email:  
[dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)  
Speak to local Dementia Champion call 07922 022321

# Extra proud to have been honoured with the Queen's Award for Voluntary Service as we say Goodbye

Ongoing feedback from our FLOURISH (Horticulture Therapy) Project, remains positive – with good outcomes being measured for all those taking part either at the Sensory Garden session on Saturday Mornings, at the Allotment on Tuesdays and now at the Community Centre with the support of St Lawrence pupils. Sessions provide a therapeutic & supportive opportunity for all our members and will continue to develop in 2023 – ‘Volunteers who love gardening – WE NEED YOU!’



In Alton - Horticulture / Outdoor plans for the future, include an extension to the Sensory Garden by planting more ‘insect-friendly’ shrubs and bulbs around the entire perimeter of the Town Park. Not only will this provide an interesting and accessible walk for our members, the increase to biodiversity within the Park will be enjoyed by all visitors.

Further afield at Alice Holt Forest – we are currently exploring / planning to introduce access to a range of dementia-friendly outdoor activities in collaboration with Alice Holt Forest to start in Spring 2023 – Visit our stand / demonstration site at Alice Holt Forest on Saturday 22<sup>nd</sup> October 2022 – see website

### Memory Lane Club (Wednesday & Friday) continue to develop.

Funding from EHDC and the Beer Festival allows us to develop and extend this service, whilst we wait on a decision for larger scale funding, to secure the sustainability for three more years. St Lawrence school visitors to the club are a great bonus for our members.



# Supporting us to support others



**Congratulations to Karen and Dione**  
For their walking challenge they managed to walk 34 miles through Epping and surrounding forests, including hiking through 'freshly ploughed fields'!! Time to take a well-earned rest and thank everyone who helped us raise over £1,000.00 for the group !!



**In loving memory .....**  
Our heartfelt thoughts go out to Keith and family on the sad loss of Judy. We miss her infectious smile, as she whistled along to her favourite tunes. To Margot, Michael & family – sending condolences on the recent loss of Lucy. We all miss her cheerful company at the Memory Club



**Pub Games at Legions Legends**  
It all got very competitive! Great fun had by all – do join us next time!



**BIG THANKS to Mike Colvin and Home Instead for donating £205.00!!**  
(Left to right – David Pennell, Stephanie Gardiner, Pam Edwards, Judy Aiken, Lianne Simpson and Mike)

# Oct - Dec - Dates for your diary

**Mondays – Community (Memory Choir) at Brendoncare** – This amazing collaboration brings different care homes together with members of Dementia-friendly Alton for a fortnightly ‘sing out’ and chat !! Check website for times.

**Most Tuesdays – Allotment Group meets 1300 - 1530** – Join the gang and pupils from Anstey School to help with all aspects on the Allotment (Wooteys Site) call 07922 022321 to confirm – **check website to review dates over the winter.**



## ALTON COMMUNITY CENTRE – MEMORY LANE CLUB

**EVERY Wednesday – join us ALL day or pick a session:**

1030 – 1100 – Meet with Dementia Friends in the Garden/Cafe

1100 – 1230 – Crafts/Music/Games

1230 – 1300 – Love to Move or Tai Chi

1300 – 1400 – Lunch break at your leisure

(Regency Café will be open)

1400 – 1600 – Horticulture / Memory-books / Games and Afternoon Tea with pupils from St Lawrence School



## Thursdays – Events and Carer Support the British Legion

**Legions Legends** - 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

**13th Oct, 10th Nov, 8th Dec**

**Tea Dance** - From 1330 – 1530 – Join Paul O’Brien School of Dance, Karen, Geoff and Anne for a jive, foxtrot, waltz or just a boogie – with the essential tea and cake of course (courtesy Bluebird Care) – sometimes held at Community Centre – check website for details

**27th Oct, 24 Nov, 22nd Dec**

**Love to Move with Sarah at Orchard House, Draymans Way, GU34 1EG - Check website for dates / details**  
**Tuesday afternoons 2-3 pm twice a month**



**Fridays are being extended (from late Oct/Nov) to include:**

**Well-being Walk more often**– 1000 - 1100 check website for dates.

**EVERY Friday – Music Café at Alton Community Centre:**

1100 – 1215 – Meet with friends and settle down with a cuppa as you singalong to the musician of the week or Love to Move – check website for the act booked.

Friendship Lunch **coming soon** followed by Holistic Therapy, Dancing plus

**Carer Connections** – One to one support for Carers on a Friday afternoon

**‘Saturday Gardeners’ meeting at the Sensory Gardens from 10 am till Noon most weeks – see website for details of the programme.**