

# Dementia - friendly Alton - Apr-June '16



Judy Aiken, a volunteer with Dementia-friendly Alton, meeting children at Alton Infants School to collect the amazing twiddlemuffs that they have created. The twiddlemuffs are currently being distributed to care homes in the Alton area and via Princess Royal Trust for Carers to people living at home.

More information on website: [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

## New members join Dementia-friendly Alton

In the last three months we have welcomed Butts Primary School, Alton Infants School, Iceland Store (Alton), Wildly Upbeat Printers, Absolute Healthcare and the Wilson Practice. For an up to date list of members check out our website: [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

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



**Dr Sally Loudon**  
(holding the cake)  
and the team at the  
**Wilson Practice** join  
**DFA** at the launch of  
their commitment to  
support for  
dementia awareness

**Dementia  
Friendly  
Hampshire**

Newsletter  
Number 8



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# Dates for your diary

## Dementia Friends Sessions

Forthcoming sessions  
during Dementia  
Awareness Week - 15-21  
May 2016.

Book your place for  
Dementia Friends  
sessions at [www.dementiafriends.org.uk](http://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  
page and help us share  
all our news



For up to date news  
check out our website  
[www.dementia-friendly-  
alton.org.uk](http://www.dementia-friendly-alton.org.uk)



For an electronic copy  
of this quarterly  
newsletter - please send  
your details to:  
[dementia\\_friends  
@btinternet.com](mailto:dementia_friends@btinternet.com)



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



## April

4

Singing at Alton Community  
Centre - 1.30 - 2.45 pm  
See below for more details

4, 11, 18, 25

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

7

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

13

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

14

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park,  
Alton  
See below for more details

20

Dementia Carer Support  
2 - 3.30pm  
Brendoncare, Alton  
See below for more details

## May

3

Singing at Alton Community  
Centre - 1.30 - 2.45 pm  
See below for more details

5

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

9, 16, 23

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

11

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

12

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park,  
Alton  
See below for more details

15-21

Dementia Awareness Week  
Various Activities throughout  
the week - refer to separate  
poster / website

Date TBC

Dementia Carer Support  
2 - 3.30pm  
Brendoncare, Alton  
Contact Anne Luneburg for  
details for May

3

Singing at Alton Community  
Centre - 1.30 - 2.45 pm  
See below for more details

## June

2

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Georgina or Claire  
(see below) for more info

6, 13, 20, 27

'Pop in Club'  
15.30 - 18.30 at Alton Station  
Cafe - see below for more  
details

No singing  
this month

8

Alton Rendezvous  
10am - 1230pm  
Assembly Rooms, Alton  
See below for more details

9

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park,  
Alton  
See below for more details

Date TBC

Dementia Carer Support  
2 - 3.30pm  
Brendoncare, Alton  
Contact Anne Luneburg for  
details for June

16, 17, 18

Imagine, Me and You -  
8pm  
Holybourne Theatre  
See over for details

17

National Care Homes  
Open Day - events  
throughout Alton



# 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](mailto:dementiaadvicebasingstoke@andovermind.org.uk) or on 07827 317650 or 01256 423829

**Station Cafe 'Pop in' Club** - Each Monday from 3.30 - 6.30 pm for more mature members of the community. Come along and enjoy a cuppa and some home made cake! Small contribution to cover cost of coffee / tea.

**Enjoy Singing** - Come and sing at the day care centre at Alton Community Centre. First Monday (Tues if BH) of each month - costs £2.50 per person (includes tea/coffee), from 1.30pm and singing from 1.45pm to 2.45pm. Booking is essential, so please call the ACA office on 01420 85057 to reserve your place. **NB - Not on in June 2016**

**Alzheimer's Society Carers Support** - Currently held at Brendoncare on 3rd Wednesday of each

month at 2 pm. New members please contact Anne Luneburg for before attending - as dates subject to change - on 01256 363393 / 07590 417362

**Alton Rendezvous** - A support group run by Carers Together for carers and the cared for. Held at the Assembly Rooms on 2nd Wednesday of each month from 10.00am - 12.30pm. Contact Carers Together for more information - on 01794 519495

**Carer's Hub** - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Claire Skilton 07769 170246 for information.

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



## Dementia-friendly Alton New Members Corner



**Absolute Healthcare** - are very happy to join Dementia-friendly Alton and help raise awareness and provide support for Dementia care in and around Four Marks.

As well as ensuring that all their care staff undergo relevant awareness and training in relation to dementia, Louise will also be delivering Dementia Awareness sessions for members of the local community.

As a further commitment to dementia support, Absolute Healthcare are appointing a Dementia Champion, who will set up a monthly dementia activity group for people in the Four Marks area.

**Michael and Louise Jeffrey, Owners of Absolute Healthcare Providers Ltd.**



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# Local news from DFA members and supporters

News from Liz Phillips, Welfare Rights Champion at Citizens Advice - the DWP home visiting service for form filling has been reduced. If any local residents require assistance to complete Attendance Allowance, Personal Independence Payment or carers forms please contact Liz on 07479 311163.



**HOLYBOURNE**  
THEATRE

Imagine, Me And You at Holybourne Theatre from 15-18 June at 8pm  
Support your local Theatre

'With the onset of Alzheimer's, Mary has moved to a retirement home, where she has to deal each day with her cantankerous fellow residents. Whilst Mary's memories of the recent past have faded, her long term memories are still very strong. In particular, her memories of the 1967 phenomenon that was the Summer of Love. A time when hippies and young people around the world embraced alternative lifestyles.'



Janette Kuttner, Manager at Marlfield Care Home in Alton was pleased to receive a 1950's Glass Cabinet donated from Karen Murrell of Dementia-friendly Alton at the end of 2105. The cabinet was placed in one of the many informal lounges at the care home and filled with vintage china and ornaments, to add to the homely environment maintained within Marlfield. In addition to comfortable rooms, Janette and her staff take the time to decorate 'memory / themed areas' throughout the Home, which the Christmas 'backdrop' impressively demonstrates.

More 'twiddlemuffs' - an example of some amazing twiddlemuffs kindly handed in at the Alton Community Centre for the benefit of Dementia-friendly Alton. Anyone who is interested and able to make one / some of these can download a copy of the knitting pattern from our website or Facebook page. Hard copies of the pattern are also available from Alton Community Centre or The Knitting Habit. Market Street.

