



**Dementia
Friendly
Alton**

Charity Number - 1202095



The Queen's Award
for Voluntary Service



MEETING CENTRES UK
ALTON MEETING CENTRE

Number
44

Contact us – dementia_friends@btinternet.com - 01420 551455

Newsletter - July - Sept 2025



Fond Farewell to a special lady

Love and best wishes sent to Roger Lamb and family on the very sad loss of Jan. We will always remember her smile. Thanks extended for donations in memory of Jan.



Visit to Bassy's Barn, Chawton



Let's Dance Day success – Be Active

The huge success of our Let's Dance Day has led to increased dance and movement opportunities for ALL – whether it's Tai Chi, Seated Yoga, Fitsteps, Ballroom, Tea Dance, Golden Grooves, Zumba or Line Dancing – there's something for everyone!

Huge thanks for recent donations

Medstead Lent Lunch - £152.00

Care Your Way - £150.00

Power of Music £2000.00

Complins Trust - £3000.00 to

extend programme for Carers

Bespoke Bar and Artlux regular

donations from Tribute Nights

Mikey May & Copertura over £700 from

charity band night – so much fun too!



Scan QR code below to **DONATE**



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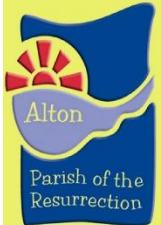
**COMMUNITY
FUND**



Forget-me-not Service - 2025

Dementia-friendly Church Service at All Saints Church - 28th August at 1430 Followed by Friendship Tea at 1515

Our annual service to remember and support families & carers, led by Rev Wendy Burnhams. Afterwards at 1515 in the Church Hall



Raffle and Tombola
Songs by Music Man Marlowe
 Funds raised in support of **Dementia-friendly Alton** and **Alton Place Care Home**



Living Well with Dementia 10-week course

Starts 5th September 2025
 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, CU34 1BA

New Wellbeing Wednesday Gardening Group for ALL



WELLBEING Wednesday Our Services

Join our friendly and accessible gardening group at the Town Park. Summer programme will include mindfulness and Tai Chi

- Starts 11th June 2025
- Range of gardening activities - Pruning, weeding, watering
- Chat and make friends as you garden together

CONTACT US:

01420 551455

www.dementia-friendly-alton.org.uk



NEW Living Well Programme Starts in Sept 2025 for 8 weeks

Being diagnosed with dementia can be a difficult thing to come to terms with. Talking about what is happening to you is a good way to move past your initial diagnosis and explore what the future may hold.

Joining a Liv Dem course gives you the opportunity to meet and talk to others who are going through similar experiences.

Who is it for? This course is for anyone who has recently had a diagnosis of dementia and would like help with thinking about and exploring what it means to them.

How will taking the course help you? This is a chance to meet and talk to others who are going through similar experiences and to chat about the changes that you might face.

- You will hear from other people with memory problems.
- You will learn more about memory loss and how you can adapt and cope.
- You will be able to talk through any difficulties you have with people who understand what it's like. We give everyone who comes a chance to talk about how they feel about their diagnosis, what the future might hold and there is no pressure to talk about anything you're not comfortable with.

How does it work?

- We meet once a week for ten weeks. The first and last week is for you and a friend or family member to come along together. The other 8 weeks are just for you.
- Each meeting lasts 90 minutes - it's good to turn up 10 minutes before we start so you have a chance to meet socially and grab a cuppa.
 - It's important to try and come to every session.
 - There will be between 4 and 10 people in the group.

Why should I do it? Having a diagnosis of dementia can be a shock or perhaps a relief, if you have suspected something was not quite right for a while. Now you can work out what happens next and how to adapt to living life a bit differently. Talking with other people who are going through similar experiences is important because we see that we're not alone and we can learn from each other.

This course is run by Dementia-friendly Alton. The LivDem course was developed by Professor Richard Cheston and Consultant Clinical Psychologist Dr. Ann Marshall (livdem.co.uk). Karen and Rebecca have been trained to run these courses by Prof. Cheston. If you are interested in finding out more email: dementia_friends@btinternet.com We look forward to welcoming you.



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MEETING CENTRES UK ALTON MEETING CENTRE

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What we do



Sign up to our Email Alerts

Latest News

Comedy Night 11th July - Laughter is the best medicine!

Monday, 16 June 2025

SEE BELOW – TWO NEW 'CONNECT' SESSIONS AS PART OF CARER SUPPORT



COME FOR A CUPPA, STAY FOR THE COMPANY, LEAVE WITH SUPPORT

WHAT IS THE CARE CONVERSATIONS CAFE?

A welcoming, informal space for those caring for a loved one to come together, enjoy a cup of tea or coffee, share experiences, and connect with others in similar situations.

ALLEVIATE FEELINGS OF ISOLATION

LEARN ABOUT AVAILABLE SUPPORT

MEET OTHERS WHO UNDERSTAND

Launch Event – Don't Miss It!

Wednesday 11th June 6:00 PM – 7:30 PM Alton Assembly Rooms Cheese & Wine Evening, tea & coffee

Every 2nd & 4th Wednesday of the month 6:00 PM – 7:30 PM

June Dates:

11th June – Alton Assembly Rooms 25th June – Alton Assembly Rooms

From July Onwards:

2nd Wednesdays – Alton Assembly Rooms 4th Wednesdays – Alton Place Care Home (opens 2nd July)



Carers Support Group

1st Friday each month (Starts 4th July) 10 am -12 noon



Come along for a cuppa and some activities

Time to chat – Peer Support

Location:

Dementia-friendly Alton at Assembly Rooms High Street, Alton, GU34

Hampshire GU34 1BA

Contact information:

Email: dementia_friends@btinternet.com

01420 551455

BROUGHT TO YOU BY



CONTACT US:

Dementia Friendly Alton – 01420 551455

Home Instead – 01420 543214

Alton Place – 01420 320030 (after 2nd July)



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MEETING CENTRES UK
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JULY 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 and/ or Bowls	1100-1230 Music Café/ Dementia Choir (1 st Friday) AM Legal Surgery / Carers Group / Reflexology	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest (Mar-Dec) - See website for details	
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)	1300-1400 Get Active for Carers 1330 - 1530 Inter-generational Games OR Gardening @ Station/AAR 1500 - 1600 MONTHLY (Last Wed) Neuroactive chairbics 1630 - 1730 Yoga with Sue Tupper 1800 - 1930 Carers Café (2 nd & 4 th)	Heritage and Culture Club (Memory Book/Movie Quiz / Guest speakers) Garden Gang @ Allotment	1330-1530 Tea Dance 1330-1430 Legal Surgery LIVDEM starts Sept Counselling (TBC)		
				<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>NURTURE GROUP Young Onset Meeting 3rd Thurs 10-2 Alice Holt</p> </div>			