



# Dementia-friendly Alton



The Queen's Award  
for Voluntary Service

## Support for people with dementia, their family and carers in Alton

### Dementia Advice Service - Andover Mind

Provided by Andover Mind. Open to anyone in Hampshire with dementia and their carers, family and friends. Referral by GP, other professionals, family, or self-referral. Service aims to help people with dementia and their carers to access the information and support. They will signpost onto groups and services as appropriate. For new referrals call 01264 332297, contact them via webchat on [www.andovermind.org.uk](http://www.andovermind.org.uk) or email [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

### Alzheimer's Society

#### Dementia Support Service

Our local staff are working by phone, in writing and online to support people affected by Dementia. Local Dementia Support Workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges and help prepare for the future. Dementia Support Workers are there to explain about the condition as well as signposting people to the support services available. Face to face visits can also be arranged as appropriate.

**Companion Calls** Companion Calls can help people with dementia and their carers feel more connected and less lonely during the coronavirus crisis. These are a social chat - they do not offer specific dementia support, advice, or guidance. Our trained volunteers make regular phone calls to check in and have a friendly chat about anything the person they're calling chooses.

**Singing for the Brain** A singing group for people affected by dementia, it is being also delivered online via zoom, spaces are limited so please contact us for more information.

**Singing for the Brain (face to face)** Singing for the Brain Portsmouth Service Available on second and fourth Wednesday, 10.30am-12pm

Singing for the Brain Basingstoke Service available on second Friday, 11am-12pm

**Dementia Talking Point** Dementia Talking Point is a helpful online community where anyone who is affected by dementia can receive valuable support. It's free, open day or night, and can be accessed online:

<https://www.alzheimers.org.uk/get-support/dementia-talking-point-our-online-community>

**Contact Details:** For more information on any of these services or to request a call from one of our local support team please contact us by phone, through the Alzheimer's Society Dementia Connect Support Line or directly by email.

9am–8pm Monday–Wednesday | 9am–5pm Thursday and Friday | 10am–4pm Saturday and Sunday    **Phone: 0333 150 3456**

Email: [HIP@alzheimers.org.uk](mailto:HIP@alzheimers.org.uk)

**Visit our website for full details of all Alzheimer's Society Services:** [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

### **Royal British Legion Admiral Nurses**

To maintain independence and improve the quality of life for carers and families of people living with dementia and to provide the practical advice they need. If you, or the person you are caring for, are serving or have ever served in the Armed Forces, they may be able to help. Get in touch by calling 023 8202 5787.

### **The Princess Royal Trust for Carers in Hampshire**

If you are caring for someone who needs help due to a health condition, disability, or frailty (they may not live with you or require constant care). This service provides help and information and Carer Support Workers who you can telephone in complete confidence.

Website <https://carercentre.com/> Tel 01264 835246

Email [info@carecentre.com](mailto:info@carecentre.com). The Princess Royal Trust for Carers in Hampshire offers an Emergency Planning service. A dedicated team providing FREE support to discuss, develop and implement an emergency plan. Up to 48hrs free care may be available for the person you care for in the event of an emergency. No adult services assessment is needed. Tel 0800 169 1577.

**Alton Carers Hub** - Held on first Thursday of each month from 10 am - 4 pm at Roman Catholic Church, Alton. Contact Princess Royal Trust for Carers on above numbers/email for more information.

**A31 Community Wellbeing Hub** is an initiative by 5 General Practice Surgeries, all linked by the A31, to enable their patient communities' access to a space to interact with a variety of organisations that can assist in providing specialist support or useful information across a wide range of topics.

The Hub is run on a drop-in basis where people can find out more or share experiences or knowledge in a relaxed and social atmosphere, with a cuppa! The Hub is open from 1000 – 1400 every other Thursday, in the Chawton Park Surgery. For more info contact 01420 542542 or check the A31 Community Wellbeing Hub website for further information - <https://www.a31communitywellbeinghub.com/>

### **Day Care Centres catering for people with dementia**

**Age Concern** – At the **Rosefield Care & Wellbeing Centre in Odiham** you will feel right at home in our comfortable and welcoming centre. Based at Odiham Cottage Hospital, we have a bright and large lounge, as well as a separate dining area. You can also expect to receive a warm welcome from our friendly and professional staff.

The experienced team will be on hand to help if you require day to day support with mobility, personalised care or with mental health and memory loss. Our understanding staff are fully trained to provide you with a high level of care, including specialist dementia care.

Benefits could include, a free taster session, fully trained professional and friendly staff, Dementia specialist support, a two-course hot lunch, social activities and outings, flexibility and choice, access to the free Information Service, affordable footcare and access to transport.

You could join in on interesting and innovative activities including, craft, reminiscent, mind and body, intergenerational and entertainment sessions.

For further details contact the manager, Tina Birch on 01420 84257 or [tina.birch@ageconcern.org.uk](mailto:tina.birch@ageconcern.org.uk) Alternatively call Age Concern Hampshire on 01962 868545

**Alton Community Club** provide an opportunity to learn and try new skills, make new friends, visit different places, watch demonstrations, hear new speakers, try quizzes and crosswords, learn chair exercises, and enjoy games such as darts, basketball, hoopla and New Age Kurling, all with a cooked meal for just £28 per day. Pop in just for a coffee and chat! They are open Tuesdays 10.00am - 3.00pm and local transport may be available with our wheelchair accessible minibus. Joining is simple, contact us on 01420 85057.

## **Lions Message in a Bottle Scheme**

Lions Message in a Bottle is a simple, but effective, way to keep essential personal and medical details where they can be found in an emergency – the fridge. Health centres, Alton hospital, the Community Centre and chemists will have supplies of bottles and forms.

## **The Bobby Scheme**

Provided by The Blue Lamp Trust. FREE home safety and security survey to assess the work needed to make a person's home safe and secure. Free of charge they can fit door chains, door and window locks, spyholes for doors, smoke detectors. To find out who can be referred or make a referral visit

[www.bluelamptrust.org.uk/Bobby\\_Scheme/](http://www.bluelamptrust.org.uk/Bobby_Scheme/) , Tel 0300 777 0157, Email [bobby@bluelamptrust.org.uk](mailto:bobby@bluelamptrust.org.uk)

## **Telecare Hampshire**

Personal alarms service to help people live independently. Hampshire County Council may fund the provision of telecare equipment following an assessment which shows that you have an eligible need, and you meet the criteria for funded telecare. You can also purchase telecare if you are self-funding – from £12.00 per month. More information at [www3.hants.gov.uk/telecare.html](http://www3.hants.gov.uk/telecare.html) and if self-funding you can contact Argenti direct on Tel 0345 265 8003.

## **OPAL (Older People's Area Link)**

Provided by Age Concern Hampshire

Would you like to make new friends? Find out about local groups and activities? Try a new hobby? Know what help and services are available in your area?

A countywide service that can provide details of local information and services by phone. If you need a little more help in working out what you want, there are OPAL volunteers in your area who can visit you at home. Contact details:

[Sara.nicholls@ageconcernhampshire.org.uk](mailto:Sara.nicholls@ageconcernhampshire.org.uk). Tel 0800 328 7154

## **Hampshire Fire & Rescue Service - Safe & Well Visits**

Provides a FREE Safe & Well visit for the most vulnerable members of the community. The visit will combine a Home Safety Check to reduce fire risk in the home, such as checking and fitting smoke alarms, with health referrals for extra support where appropriate, to improve the occupier's health and wellbeing. If you or the person you have in mind fits one or more of the characteristics below, you can make a referral.

- is over 60 years of age
- lives alone
- has a physical and/or learning disability
- has any sensory impairment
- is unable to protect themselves from harm
- is returning from hospital and there are fire risk concerns identified

## **Meals on Wheels Hampshire**

Lunches and teas delivered via this Hampshire County Council commissioned service every day of the year for the over 55s – service is provided by Apetito  
Tel 01962 779338 Website [www.hants.gov.uk/meals-on-wheels](http://www.hants.gov.uk/meals-on-wheels)

**Anna Chaplaincy** is a person-centred, non-judgemental ministry for people of strong, little or no faith at all. Our current Anna Chaplain is Revd. Kate Powell (please contact The Parish of the Resurrection Office on 07865 292401).

**Dementia-friendly Alton – diverse range of activities – check website [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk) for details of all sessions**

**Afternoon Tea and Activities at Brendoncare, Alton** - An opportunity to socialise in the safe and supportive environment of local Care Home – restarting in May 2022 on Monday afternoons – check out website for more details.

**Legion's Legends** - An opportunity to socialise in a safe and supportive Environment, it is held at Alton British Legion from 2-3.30pm on the second Thursday of each month. Contact Pat Murrell - 07771 790228.

**Alton Memory Lane Music Café** - A fun, sing-along workshop suitable for people with dementia or memory loss and their carers/friends. Held every Friday at Alton Community Centre. Arrive at 11.00, singing from 11.15 - 12.15. Free to attend. Contact 07922 022321 for more information.

**Dementia-friendly Tea Dances at the Legion** - Held monthly on a Thursday from 1.30 - 3.30 pm. The opportunity to dance in a relaxed and informal setting with support from Paul O'Brien dance school and Bluebird Care. Free to attend. Contact 07922 022321 for more information.

**Memory Lane Club** - an opportunity for those with dementia and their carers to meet with others for support and enjoy any / all of the following: reminiscence and relaxation, craft work, quizzes and games, Friendship Lunch, Love to Move exercise class and horticulture – all washed down with tea and cake! Delivered in a collaboration between Altonian Care, Alton Community Association and Dementia-friendly Alton every Wednesday from 1100 - 1600, free to attend, for more info call 01420 85057.

**FLOURISH Gardening and Horticulture Therapy** - an opportunity for those with dementia and their carers to meet with others for support and enjoy all of the benefits of the outdoors. Weekly Sunday afternoon session at the Town Park or the weekly Tuesday allotment session – take your pick or join us for both. Free to attend - check out the website of contact 07922 022321 for more details.

**Dementia-friendly Well-being Walk** - an opportunity for those with dementia and their carers to meet with others for support and enjoy the benefits of the outdoors with gentle walking exercise. Weekly Friday morning session (starting in June 2022) from the Alton Community Centre. Free to attend - check out the website of contact 07922 022321 for more details.

**The Sunflower Café** (Odiham) - provided and funded by the Mother's Union and The Vine Church in Odiham for people living with dementia in surrounding villages and towns. Refreshments are available and free of charge. Games and activities can be played, with support from the volunteer helpers, who are all "Dementia Friends". Elaine Lewington and Elaine Kent are co-ordinators of The Sunflower Café which meets every Wednesday 2.00 – 4.00pm at The Old School, London Road, Odiham RG29 1AJ. For further details email [thesunflowercafe@outlook.com](mailto:thesunflowercafe@outlook.com) or telephone 01420 593704 or Lain Beadell on 01420 549797.

**Sunflower Café** (Farnham) – run by the home care provider Right at Home Guildford & Farnham. The Ivy Room, Farnham Conservative Club. Every Monday 10am – 12pm (excluding bank holidays). Suggested donation £2 to help cover costs. [www.rightathomeuk.co.uk/guildford-and-farnham/event/sunflower-cafe/](http://www.rightathomeuk.co.uk/guildford-and-farnham/event/sunflower-cafe/)

**Singing for the Mind** (Farnham) - Singing for the Mind begins at 2pm each Monday at Farnham Maltings. There is the opportunity to have a chat over a cup of coffee from 1.30pm onwards, followed by a sing-along led by professional singer Barbara. It's a great opportunity to share memories and a love of songs of all styles. Come along and enjoy anything from jazz and showstoppers to gospel and folk in a friendly and welcoming environment. For more info call 01252 783426.

**The Meeting Place** (Aldershot) - Every Monday from 1100 – 1400 at the Aldershot Traction Club, Weybourne Road, GU11 3N. There is the opportunity to have a chat over a cuppa and some lunch, while enjoying craft, musical movement, games, laughter yoga, fortnightly choir and gardening. For more info call 01420 82705 or contact [hello@thehappyhealinghut.com](mailto:hello@thehappyhealinghut.com).

For additional information access practical guide to living with Dementia in Hampshire at <https://www.carechoices.co.uk/publication/hampshire-dementia-guide/>

**Please note the above information is believed to be correct at the time of going to print.**