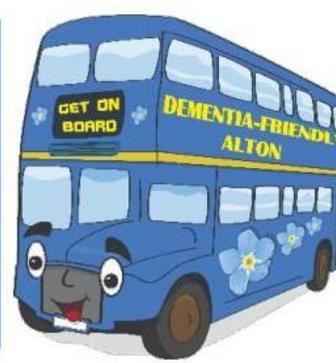




# Dementia-friendly Alton

Charity Number - 1202095



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 Champions call 01420 551455

## Newsletter

Number 35

## July – Aug 2023

### Alton Meeting Centre OPENS 5th July

Two full days of dementia support and activity at Alton Community Centre and in our **NEW venue Edgar Hall, Anstey Park**. Plus Meeting Centre @ Home an exciting **NEW** service. Pop in & meet the team over the Summer. Delivered in partnership with:



### Alton Victorian Cricket – 25<sup>th</sup> June 2023



**Come and join us .....volunteers welcome**

Enjoy the fun & laughter at any of our sessions (see over). Scan the QR Code & complete the online form to apply to join our wonderful group of volunteers. It's the most rewarding experience!



# July - August – View of the week

## Monday AM – Creative & Curious at Edgar Hall – 1030-1230

Enjoy a varied 'arts & crafts' programme, with a different activity each week. Relaxed gathering with refreshments available.

## Monday PM – FLOURISH at the Sensory Garden – 1400-1600

Weekly at the Town Park- check website – refreshments provided  
Opportunity for bowling at the Alton Bowls Club from May 2023.

## Wednesday – Memory Lane Club at Alton Community Centre

1030 – 1100 – Meet with friends to set up

1100 – 1230 – Crafts / Quiz / Games

1230 – 1300 – Love to Move or Tai Chi

1300 – 1400 – Lunch break (Regency Café or bring packed lunch)

1400 – 1600 – Horticulture / Memory-books



## Thursday AM – PACE Programme – Get Active at Edgar Hall

0930 – 1200 – Walkfit and Sports in the Hall with refreshments

Lunch – Bring your own and relax in the Hall or Park

or visit Sugarloaf Café, before a choice of afternoon activities

## Thursday PM – Programme varies – check website

**Allotment Group** meets 1300 – 1530 most Thursdays

Get active at the Allotment – growing fruit & veg for our members

**Legions Legends** - From 1400 - 1530 - second Thursday

**Tea Dance** - From 1330 – 1530 – at end of the month

Join Paul O'Brien School of Dance as you 'take to the floor'

## Friday AM – Music & Movement at Edgar Hall – 1030 - 1215:

Sing-a-long with one of our favourite musicians - Check website

Lunch – Bring your own / Visit local café / Fish & Chip Friday

**Friday PM – 1300 – 1600** – Get Active & Holistic Therapy

**Friday - 1100 – 1500** – Carer Support – see panel on right

## Saturday – Flourish in the Forest on 1<sup>st</sup> July & 2<sup>nd</sup> September

In collaboration with Alice Holt Forest and funded by Haskins Garden Centre – Health and Wellbeing days – free to attend

## Coming to Edgar Hall in July – Carer Support

As part of our regular Friday Music and Movement days at Edgar Hall – there will be opportunities for Carers to have one-to-one appointments with a range of specialist advisors from 1100 – 1500 each week. See website and noticeboard (Edgar Hall) for exact timetable.

### First Friday of each month

Legal advice and support with KJ Cox Solicitors



### Last Friday of each month

Carers clinic with local Social Prescribers



Remaining Fridays - may include (TBC):



## Donations received 'In Loving Memory' .....

Our thoughts and sincere thanks go to the families of past members, June McIntyre Carrigan and Anne Osgood. Sending both families our best wishes at this difficult time.



We will miss their 'cheeky' smiles and enthusiastic singing voices in our Friday choir.

