



To find out about dementia-friendly activities in the area go to:

www.dementia-friendly-alton.org.uk

Follow and promote / share us on Facebook (Dementia Friendly Alton) and on Twitter - @DFAlton

To receive an electronic copy of this newsletter or make an enquiry email us on:

dementia_friends@btinternet.com

To speak to your local Dementia Champion call 07922 022321



Extending support for people with dementia and their carers. Memory Lane Club (Wednesday, Friday and @Home) coming soon

Having eased out of lockdown, we continue to extend the level and variety of support provided for our members. Successful collaborative relationship with Alton Community Association and Altonian Care, has enabled the provision of a full day of activities every Wednesday and a plan for a full day on Friday too. In a bid to provide sustainability for this service, we are working towards becoming the first Meeting Centre for dementia support in Hampshire from Sept 2022.





Introducing **BIRDIES** part of **FLOURISH**,
 NHS funded Horticulture Therapy, improving access to
 Mental Health Support, starting in April 2022

**Building Intergenerational Relationships Delivers
 Independence, Encouragement & Support**

Intergenerational allotment project starts 5th April 2022

Allotment sessions will be held weekly on Tuesday afternoons
 with full support of gardener and volunteers.

Local school & college pupils & Youth Groups will also participate

NHS

LAUGHTER

OPPORTUNITY

UNDERSTANDING

RESPECT

INDEPENDENCE

FRIENDSHIP

Holistic support for people with dementia & their carers

FLOURISH
 'Let's Keep Growing Together'

NO WRONG DOOR
 HAMPSHIRE & ISLE OF WIGHT

Working collaboratively alongside the NHS, with funding and support from Hampshire and IOW ICS to dissolve barriers and enhance access to Mental Health Support

HEALTH & WELL-BEING

SUPPORT

A full programme of Social and Therapeutic Horticulture,
 with Josie, a fully trained Horticultural Therapist and
 experienced gardener / conservationist

Commences Sunday 3rd April from 1400 – 1600

Meet at Sensory Garden, Alton Town Park

(May be relocated to Allen Gallery on wet weather days – PLEASE check website)

Each week there is support to undertake at least two
 horticulture activities as well as enjoy the Butterfly Walk
 See **WEBSITE / NOTICEBOARD IN PARK** for more details

Please contact 07922 022321 to book a place to attend

www.dementia-friendly-alton.org.uk




Saying farewell to our lovely member Ann

Sending sincere condolences to the family of Ann Woods, a much-loved member of our Wednesday Memory Lane Café, who recently passed away. Ann really enjoyed taking part in all the activities and had a reputation for seeing the funny side of everything, making everyone laugh with her quick wit and dry sense of humour. We are so pleased that Ann's loving husband, Mick, continues to attend the Café each week, for the companionship and support that is available.



Health & Nature Walk



-  **Improve your wellbeing**
-  **Connect with nature**
-  **Accessible route and facilities**

Come along to Car Park by the Alton Community Centre in May, as part of **Alton Walking Festival** (see dates below) for our inaugural guided nature walks around Flood Meadows. The walk is suitable for all ages and will be accessible for those with dementia and people with mobility needs / wheelchair access. There will be a sensory element to the walk as well as pausing to take pictures of the park's wildlife. We'll end the walk with free tea and biscuits at the Alton Community Centre.

When?

10.00 – 11.00 - Friday 13 May and Monday 16 May

Where?

Flood Meadows – to be accessed from Alton Community Centre car park, Amery Street, GU34 1HN

How?

It's free, just come to Alton Community Centre Car Park for 10.00 am – walk will last approx. 45 mins

dementia_friends@btinternet.com



Coached by George of Alton Walkfit

Coming soon – Carer Connections – practical advice for Carers on a Friday

Apr – June - Dates for your diary

Afternoon Tea & Activities at Brendoncare on Mondays - SOON



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 – 1300 – Crafts/Music/Horticulture
1300 – 1400 – Lunch break at your leisure
(Regency Café will be open)
1400 – 1500 – Love to Move / Tai Chi
1500 – 1600 – More Crafts / Horticulture
EVERY Friday – Music Café at Alton Community Centre:
1100 – 1115 – Meet with friends and settle down with a cuppa
1115 – 1215 – Musician of the week – check website for details



Love to Move



Legions Legends back on at the British Legion, Anstey Park
From 1400 - 1530 on the second Thursday of every month join Anne, John, Judy, Pat and Colin for tea and cake and a varied programme of activities / visitors

14th April
12th May
9th June
14th July
11th Aug



Tuesdays at the Allotment (NEW) and 'Sunday Gardeners' meeting back at the Sensory Gardens from April 2022 – see inside for more details

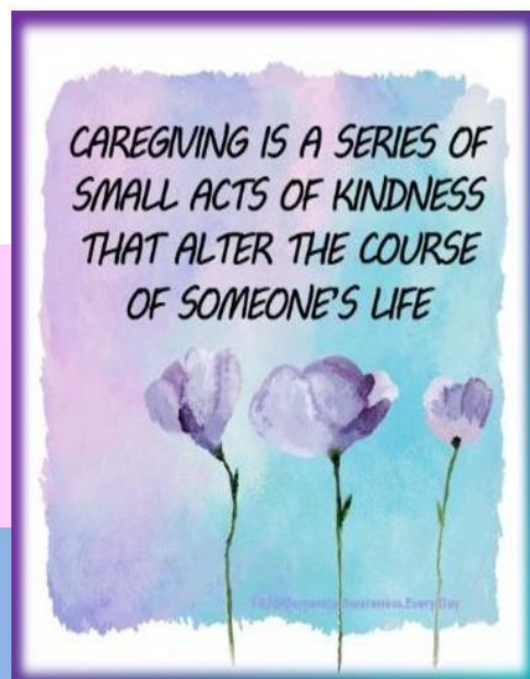
Tea Dances are held at the Legion too!
THURSDAY once a month at 1330-1530

28th April
26th May
30th June
28th July
25th August

WOULD YOU LIKE TO VOLUNTEER?

It's rewarding when your 'smile' means so much. Please contact us if you would like to help in any way, either visit us at any of our events or check out the volunteer section on our website

Love to Move with Sarah at Orchard House
1100-1200 on two THURSDAYS of the month
None in April, 5th & 19th May, 16th & 23rd June



BIG THANKS to John Maries and Dione Watson for continuing support to our fund raising – we are so grateful for your support to our work

East Hampshire Dementia Festival
Friday 8 April 2022
www.easthants.gov.uk/dementia-festival

