



How to contact / follow us:
 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

WORD SEARCH ACTIVITY & Dementia care statement competition

A	Y	B	R	A	E	N	C	O	U	R	A	G	E	M
L	A	U	G	H	C	I	A	C	T	I	O	N	O	O
Z	I	I	U	A	N	C	R	S	U	P	P	O	R	T
H	V	V	K	S	A	R	E	M	I	N	D	Q	F	I
E	Q	E	I	N	D	I	V	I	D	U	A	L	U	N
I	E	C	G	N	I	V	O	L	I	S	T	E	N	N
M	S	S	I	N	G	P	R	E	M	I	N	D	E	R
E	H	I	S	K	N	W	P	A	T	I	E	N	C	E
R	A	N	O	I	I	O	E	F	R	I	E	N	D	S
S	R	I	T	N	T	N	N	L	I	K	E	E	Z	E
M	E	M	O	R	Y	T	D	E	L	B	K	V	H	A
R	A	E	H	Z	E	M	L	A	C	R	A	O	E	R
X	D	R	P	A	S	T	T	R	O	A	M	L	L	C
U	N	D	E	R	S	T	A	N	D	I	N	G	P	H
R	A	I	S	E	A	W	A	R	E	N	E	S	S	A

- | | | | |
|------------|-------------|----------|-----------------|
| ACTION | FUN | LOVING | RAISE AWARENESS |
| ALZHEIMERS | GIVE | MAKE | REMINDER |
| ASK | HEAR | ME | REMINISCE |
| BRAIN | HELP | MEMORY | RESEARCH |
| CAKE | INDIVIDUAL | MIND | SHARE |
| CALM | KIN | MOOD | SING |
| CARE | KIND | MOTION | SMILE |
| CODE | LAUGH | NEARBY | SUPPORT |
| DANCE | LEARN | NICE | TALK |
| DIGNITY | LIKE | NOW | TEA |
| DNA | LISTEN | PATIENCE | UNDERSTANDING |
| ENCOURAGE | LIVING WELL | PAST | |
| FRIENDS | LOVE | PHOTOS | |

WE WISH EVERYONE GOOD HEALTH AND WELL-BEING during this difficult period of self-isolation and social distancing. We anticipate that our social groups will recommence in July & will provide details in the July 2020 newsletter. In the meantime - Keep **SAFE** Stick to restrictions on social contact and hand hygiene to reduce risk of infection.
 Alert dementia advisor on 01264 332297 if greater support is needed.
 Family/friends to maintain social contact via phone or online/videolink
 Exercise for physical & mental health
<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

COMPETITION TIME
 Why not occupy yourself during your time at home by finding the 50 words related to dementia in the WORDSEARCH nearby (answers overleaf). In addition to this you can enter our competition. Write a one sentence statement that describes a positive approach to dementia care and send to: dementia_friends@btinternet.com by 30th May 2020. The positive statement that uses the most words from the 50 included in the wordsearch to win Giant Easter Egg



Dementia-friendly supporters

News and thanks

Thanks to staff and residents at Orchard House
Who raised an amazing £373.30 through Christmas Raffle, donations and other fund-raising activities. This will help to fund part of the Friday sing-a-long.



Thanks to Councillor Steve Hunt, EHDC - Who has allocated a £1,000.00 grant to ensure that the weekly Memory Lane Café can continue for the next financial year in collaboration with Altonian Care at the Community Centre and remain free to attend.

Thanks to Brigit and staff at Santander who supported our Forget-me-not Walk in June 2019 - Matched funding from the Santander Discovery Project provided a donation of £900.00 which will be used to support music therapy for dementia in Alton.



Thanks to the Rotary Club of Alton – who donated £280.00 to support the costs of printing the newsletter for the next six months. Anyone wishing to sponsor newsletter printing – which costs approx. £160.00 per quarter – please contact us – we will include your logo.

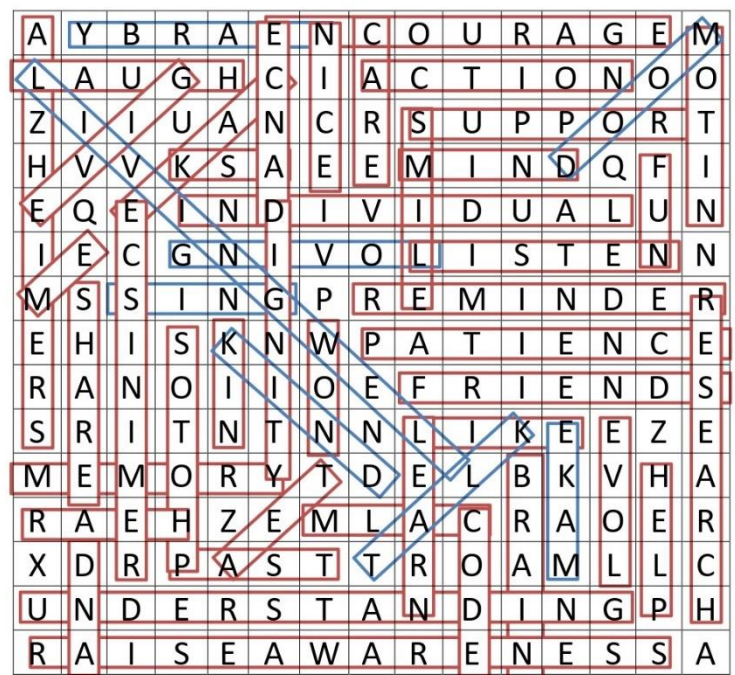
Forget-me-not Walk – ? Sept 2020

Following the success of our walk last year, we have decided to repeat this event in 2020 if it is safe to do so. In the hope that social distancing may end by August we hope to hold the walk in Sept so we can all enjoy the outdoors and each other company again. Details to follow during the summer. Take care all.

Help us to circulate this newsletter

Due to most of the collection points for this newsletter currently being closed – hard copies of newsletter are only available from Sainsburys. Please download from our website / Facebook and help us to circulate the news.

Wordsearch Answer Grid



June – Party in the Park, Town Park – Postponed
June – Victorian Cricket, Butts Green – Postponed