



# Dementia-friendly Alton



The Queen's Award for Voluntary Service

## Newsletter

Number 30

## Jul – Sept 2022



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 Champion call 07922 022321

# Double celebration for Jubilee as we are honored with the Queen's Award for Voluntary Service



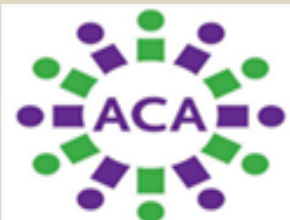
Initial feedback from our FLOURISH (Horticulture Therapy) Project, is very positive – with good outcomes being measured for all those taking part either at the Sensory Garden session on Sunday afternoon or at the Allotment, from April – June 2022. An extension to sessions to increase access to this therapeutic approach is planned for Community Centre Gardening & interim results due to be presented to NHS Networking conference event in early July 2022.



Plans for the future, include an extension to the Sensory Garden by planting more 'insect-friendly' shrubs and bulbs around the entire perimeter of the Town Park. Not only will this provide an interesting and accessible walk for our members, the increase to biodiversity within the Park will be enjoyed by all visitors. To help us to plan for this and enrich our grant application, participate in our current consultation via website, or by visiting us at the Park on 16<sup>th</sup> July 2022

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

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. Still trying to secure funding for this - WATCH THIS SPACE !





# Supporting us to support others

## Forget-me-Not Walk – 5<sup>th</sup> June 2022

As part of the Jubilee celebrations and the Big Picnic, a handful of our members and supporters gathered to enjoy this annual, accessible sponsored walk. This event has raised £687.00 to support our activities, which are currently free for people to attend. Well done to all.



## Butterfly bench – support us with funding

To donate funds to support our work, please click on our [JustGiving link](#) on the website.

## Tesco Blue Coins – Please vote for us

From July to Sept we are in the scheme at the Alton, Four Marks and Bordon Tesco Stores – please vote for us throughout the Summer!

## Donate items for our sessions

By purchasing items on our [Amazon](#) shopping list

## Beavers Close Street Party Raffle

Thank you to the residents of Beavers Close who donated an amazing £263.00 to our funds!!  
What amazing neighbours you are !! xx



**Sincere thanks to Angie and Brenda,** for the kind donation of £130.00, in memory of their beloved Mikey. Thank you. x

## WOULD YOU LIKE TO VOLUNTEER?

Jenny, a student from Eggars on work experience enjoyed helping with all of our sessions. The main reason for this was the 'supportive atmosphere for all, where everybody was having so much fun'. This was a surprise to Jenny. But put simply, it's rewarding for all 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.  
Thank you Jenny – see you soon xxx



**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

# July - Sept - Dates for your diary

**Mondays – Afternoon Tea with activities & games** – Planning to restart this amazing collaborative venture with Brendoncare from July – check website for more details. Starts after Care Homes Open Week from 27<sup>th</sup> June – 1<sup>st</sup> July.

**Tuesdays – Allotment Group meets 1300 - 1530** – Join the gang to help with all aspects on the Allotment (Wooteys Site) – call 07922 022321 to confirm.



**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 – 1230 – Crafts/Music/Games  
1230 – 1300 – Love to Move or Tai Chi  
1300 – 1400 – Lunch break at your leisure  
(Regency Café will be open)  
1400 – 1530 – Horticulture / Scrap-booking  
1530 – 1600 – Afternoon Tea



**Thursdays – Events and Carer Support the British Legion**  
**Legions Legends** - From 1400 - 1530 on the second Thursday of every month join Judy, Anne, Sarah, Pat and Colin for tea and cake and a varied programme of activities / visitors



**14<sup>th</sup> July, 11<sup>th</sup> Aug (Trip – Book to attend please), 8<sup>th</sup> Sept**

**Tea Dance** - From 1330 – 1530 – Join Paul O'Brien School of Dance, Karen, Geoff and Anne for a jive, foxtrot, waltz or just a boogie – with the essential tea and cake of course – courtesy of Bluebird Care

**28<sup>th</sup> July, 25<sup>th</sup> Aug, 29<sup>th</sup> Sept, 27<sup>th</sup> Oct, 24 Nov, 22<sup>nd</sup> Dec**

**Carer Connections** – One to one support for carers during these sessions

**Love to Move with Sarah at Orchard House**  
**Moving to Tuesday afternoons from July 2022**  
**Check website for details**



**Fridays – Well-being walk** – 1000 - 1100 – on 1<sup>st</sup> and 3<sup>rd</sup> Fridays of the month Meet at Alton Community Centre Car Park to agree the exact route

**EVERY Friday – Music Café at Alton Community Centre:**

1100 – 1115 – Meet with friends and settle down with a cuppa as you singalong to the musician of the week – check website for the act booked.

**'Sunday Gardeners' meeting at the Sensory Gardens with Josie and Mick from 2-4 pm every week – see website for details of the programme.**

**Tues 2<sup>nd</sup> Aug - Forget-me-not Church Service**  
**at All Saints Church – 2 pm – followed by Tea / Raffle**