



Dementia-friendly Alton



The Queen's Award
for Voluntary Service

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)
Twitter - @DemFriendsAlton
To receive an electronic copy of this newsletter or make an enquiry email:
dementia_friends@btinternet.com
Speak to local Dementia Champion
call 07922 022321

Newsletter

Number
33

March–April 2023

Celebrating news of the launch of **Alton Meeting Centre** from July 2023 - thanks to funding from the National Lottery – a comprehensive support programme for people living with dementia and their carers, across two venues and at home.

They gave us £228, 527.00 !!!



Flourish in the Forest - 4th March & 1st April

Health and Well-being days at Alice Holt Forest

Registration from 10 am at the Activity Centre

Plan your day, choose from: range of cycles, nature walk, horticulture, table tennis, yoga and relaxation

Free to attend for people living with dementia and their carers (discounted parking included)

Places are limited to twenty-four on each date

Book your place via website link or contact email above

In loving memory

A fond farewell, with a special cake to remember our long-standing, cheery, head gardener at the allotment - Bob Ogilvie. Special thoughts are sent to Sharon & family



Plans for 2023 – View of the week

Mondays – Creative & Curious at Allen Gallery – 1030-1230

This amazing collaboration with Hampshire Cultural Trust
Enjoy a different activity each week with pupils from St Lawrence.

Mondays – FLOURISH at the Sensory Garden – 1400 – 1600

Weekly at the Town Park- check website – refreshments provided

Tuesdays – Allotment Group meets 1300 - 1530 – Join the gang
and pupils from Anstey School to help on the Allotment (Wooteys)
call 07922 022321 to confirm – check website for dates in winter.

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 / Quiz / Games / Carer Connections

1230 – 1300 – Love to Move or Tai Chi

1300 – 1400 – Lunch break at your leisure

(Regency Café will be open)

1400 – 1600 – Horticulture / Memory-books / Games and
Afternoon Tea with pupils from St Lawrence School

Thursdays – Events at the British Legion

Legions Legends - From 1400 - 1530 on the second

Thursday of every month – check website for details

Tea Dance - From 1330 – 1530 on 30th Mar & 27th Apr

Join Paul O'Brien School of Dance – check website for details

EVERY Friday – Music Café at Alton Community Centre:

1100 – 1215– check website for the act booked – relocating to
Edgar Hall, Anstey Park later in year – watch this space!

Coming to soon - Friday pm Guided Walk / Love to Move

Saturdays – Flourish in the Forest on 4th March & 1st April

In collaboration with Alice Holt Forest and funded by Haskins
Garden Centre – Health and Wellbeing days – see overleaf



The Queen's Award
for Voluntary Service

The MBE for volunteer groups



British
Gymnastics
Foundation
Love to Move

Volunteering with Dementia-friendly Alton

As 2022 recipients of the
Queen's Award for Voluntary Service,
the highest award within the Voluntary Sector,
it's clear that we are lucky to have amazing and
dedicated volunteers within our team

Why not join us, there are many opportunities:

- Supporting our members with arts / crafts
- Joining in singing, movement & dance
- Help out with gardening in four locations
- Join Well-being Days at Alice Holt Forest
- Fundraising and administration support
- Volunteer drivers and support for events

FULL INDUCTION AND TRAINING PROVIDED
**WHY NOT CONTACT US AND COME ALONG TO
FIND OUT MORE.** Next Volunteer Training
course commences April 2023—Register **NOW**
Click on QR code or call 07922 022321
dementia_friends@btinternet.com



HASKINS
for garden pleasure