



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

BIG THANK YOU TO THE TEAM AT ALTON SPECSAVERS
 With proceeds from their 10th Birthday Raffle – they are supporting US



COMING SOON – Love to Move
 Supported by our volunteers and
 with funds from the National Lottery
 We will be delivering Movement
 Therapy sessions from Spring 2021

**FESTIVE WISHES TO EVERYONE FOR
 GOOD HEALTH AND WELL- BEING**
 during this difficult period of self-isolation and social
 distancing. We anticipate that more of our social
 groups will restart in Spring 2021 – so keep an eye
 open for notifications.
 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/>



SINGING FROM A SAFE DISTANCE
 A few of our regular supporters
 were keen to join our COVID safe
 singing at the Legion in Sept & Oct.
 When the tiered system allows we
 will return to music soon in 2021
WATCH THIS SPACE



Dementia-friendly supporters Festive Wishes to you ALL

Mike, Pam and the team of HomeInstead working hard during this challenging period to keep their clients and Caregivers safe. They plan to restart the Hearts and Minds Session in the New Year - when it safe to.



Brigit and staff at Santander continue to support our activities. Matched funding from the Santander Discovery Project provided a donation of £900.00 which we used in 2019/2020. They are planning to work with us again in 2021 – Keep a look out !

Seasons Greetings to all staff and residents at Borovere and Brendoncare who will be working hard to make Christmas special for their residents. Look forward to continue working with you in 2021.



Festive wishes to all sent from Maxine and staff at Orchard House. They are hoping to resume Friday morning visits to Orchard House for those who love to sing to join Memory Lane Singing by Summer 2021

Best wishes sent from Altonian Care – Sylvia, her family and staff will be working hard over the Christmas / New Year period to keep clients safe. They plan to restart the Community club and Memory Lane Café as soon as it is safe to do so in 2021.



Thanks to Colin and Pat at the Royal British Legion – who continue to support regular events and have even 'stepped up' to put in extra COVID secure measures in place. Season's Greetings sent from the Legion to you all.

Merry Christmas from Louise and Michael of Absolute Healthcare – we are grateful that they continue to support our work by providing administrative support from 2021 onwards. This is a fantastic help to our work.



ABSOLUTE



Seasons Greetings from Harriet and the team at Bluebird – the team enjoys supporting events at the Legion and are looking forward to rejoining in 2021 as soon as normal business resumes. Merry Christmas to all from Bluebird.



Wishing you ALL a safe and peaceful Christmas and New Year from Dementia-friendly Alton

