

Dementia - friendly Alton - Jan-Mar'16



Damian Hinds our local MP and Dementia Champion ran his first, very successful Dementia Friends Session at Alton Community Centre on the evening of 9th October 2015. Around thirty local residents and care staff from Borovere Care Home enjoyed the passionate and thought-provoking presentation. The interactive session left participants feeling very motivated about supporting and developing dementia-friendly initiatives within the town.

More information on new website @ dementia-friendly-alton.org.uk

New members joining Dementia-friendly Alton

In addition to the initial 50 members who signed up in the first twelve months - we welcome JC Solicitors, Tourist Office/EHDC local office, Homes Estate Agents, Westlands Care Home and Alton Lions. For an up to date list of members check out our website @ dementia-friendly-alton.org.uk.

To join the Dementia-friendly Alton initiative or share relevant news please contact the Dementia Champions on 07922 022321 or email dementia_friends@btinternet.com



Iceland have joined with Asda, Morrisons and Waitrose to pledge funds from the levy on single-use carrier bags to support the construction of a world-class dementia research centre at UCL in London. Building the centre will cost £350m, but the project has a funding shortfall of £100m. The four retailers said the cash generated by bag sales had the potential to bridge much of the gap. Iceland have pledged funds for a minimum of two years with Dan and the Alton team also planning to join / support Dementia-friendly Alton in January 2016

**Dementia
Friendly
Hampshire**

**Newsletter
Number 7**



Working to become
**Dementia
Friendly**

Terry Eccott - Hampshire Ambassador, around the UK

The last campaign

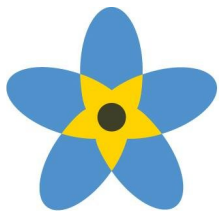


Left top picture - Presenting at Conference in Winter Gardens in Eastbourne - picture courtesy of Kevin Stevens.

Left lower picture - Terry involved with TextSanta campaign thanks to ITV Meridian, which raised over a million pounds last year.

Right lower picture - Terry and his daughter Sarah participate in an All Party Parliamentary Group considering Dementia and co-morbidities with Baroness Sally Greengross and Debbie Abrahams MP

Full stories / quotes available on our website.



Dementia-friendly Alton New Members Corner

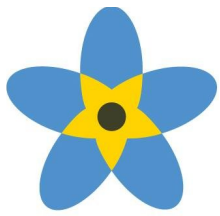


Homes Estate Agent in Alton were keen to sign up as the first estate agents in the town, in support of dementia-friendly Alton. Their customer-focussed approach aims to take the stress out of house buying and selling, which can be especially stressful when families are facing the challenges of selling a home for a parent who may be moving into residential care. The friendly and approachable team at Homes are committed at all times to:

Ollie Williams, Senior Client Advisor at Homes

- treat customers as individuals
- listen to client requirements carefully
- advise clients honestly
- work relentlessly on behalf of clients
- keep clients regularly updated on progress





Membership extends to Four Marks Village

Westland's Manager, Venita Couzens and her highly experienced team are passionate about activities to provide interest and stimulation: "Our residents may be here because they need additional support and care, but we also want to ensure that they really enjoy their retirement time too. We encourage their independence and respect their privacy."



Keen to use their expertise to boost Dementia-friendly initiatives in Alton and Four Marks, the Care Home plans to support dementia awareness training. Members of staff at Westlands will undertake the Champions training so that they can deliver Dementia Friends sessions within Four Marks. Coffee mornings or Afternoon Teas are being planned for 2016 to encourage visitors to the Home, again to raise awareness in relation to living well with dementia.

Local webchat advice now available from Citizens Advice East Hampshire's new website

Citizens Advice East Hampshire has upgraded its' website and can now offer real time on-line help via webchat and email to people living or working in the East Hampshire District. Jon Stuart, CEO of Citizens Advice East Hampshire said "The aim is to improve access to free impartial advice in the area". It is part of the commitment of Citizens Advice nationally in providing accessible advice for all by making much better use of phone and digital channels.



The new website www.citizensadviceeasthampshire.org.uk provides a useful Get Advice section with answers to frequently asked questions and links to the extensive advice on the national Citizens Advice website. There is also the option to use the local webchat facility in office hours or send an email enquiry direct to Citizens Advice East Hampshire. Both webchat and email are manned Monday to Friday 9 - 5 by experienced and fully trained Citizens Advice advisers who will also have the local knowledge and information to help local people with their problems.

Dates for your diary	January	February	March
<p>Dementia Friends Sessions</p> <p>04/02/16 from 12.30 - 13.30 at Alton Community Centre. Book your place for Dementia Friends sessions at www.dementiafriends.org.uk</p>	<p>4 Singing at Alton Community Centre - 1.30 - 2.45 pm See below for more details</p> <p>7 Carers Hub - 10 am - 4 pm St. Mary's R C Church, Alton Contact Georgina or Claire (see below) for more info</p> <p>13 Alton Rendezvous 10am - 1230pm Assembly Rooms, Alton See below for more details</p>	<p>1, 8, 15, 22, 29 'Pop in Club' 15.30 - 18.30 at Alton Station Cafe - see below for more details</p> <p>1 Singing at Alton Community Centre - 1.30 - 2.45 pm See below for more details</p> <p>4 Carers Hub - 10 am - 4 pm St. Mary's R C Church, Alton Contact Georgina or Claire (see below) for more info</p>	<p>3 Carers Hub - 10 am - 4 pm St. Mary's R C Church, Alton Contact Georgina or Claire (see below) for more info</p> <p>7 Singing at Alton Community Centre - 1.30 - 2.45 pm See below for more details</p> <p>7, 14, 21, 28 'Pop in Club' 15.30 - 18.30 at Alton Station Cafe - see below for more details</p>
<p>Follow the Dementia Friendly Activity in your local community on Twitter - @DFAlton</p> 	<p>18, 25 'Pop in Club' 15.30 - 18.30 at Alton Station Cafe - see below for more details</p>	<p>10 Alton Rendezvous 10am - 1230pm Assembly Rooms, Alton See below for more details</p>	<p>9 Alton Rendezvous 10am - 1230pm Assembly Rooms, Alton See below for more details</p>
<p>If you would like a copy of this newsletter emailed to you each quarter - please send your details to Dementia-friendly Alton</p>	<p>20 Dementia Carer Support 2 - 3.30pm Brendoncare, Alton See below for more details</p>	<p>17 Dementia Carer Support 2 - 3.30pm Brendoncare, Alton See below for more details</p>	<p>16 Dementia Carer Support 2 - 3.30pm Brendoncare, Alton See below for more details</p>

Dementia Advice Service - For people with dementia, their carers, family and friends. Home visits or local meetings can be booked with Sarah Gardner on Mon / Tues / Thurs each week. Contact Sarah - dementiaadvicebasingstoke@andovermind.org.uk or on 07827 317650 or 01256 423829

Station Cafe 'Pop in' Club - Changed to every Monday from 3.30 - 6.30 pm for more mature members of the community. Come along and enjoy a cuppa and some home made cake!

Enjoy Singing - Come and sing at the day care centre at Alton Community Centre. First Monday of each month - costs £2.50 per person (includes tea/coffee), from 1.30pm and singing from 1.45pm to 2.45pm. Booking is essential, so please call the ACA office on 01420 85057 to reserve your place.

Carer's Hub - For carers and cared for. Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Light lunch available for £1.50 or bring your own. Contact Georgina White 07824 150020 or Claire Skilton 07769 170246 for information.

Alzheimer's Society Carers Support - A support group at which a Dementia Support Worker can give advice and support to carers. Held at Brendoncare on 3rd Wednesday of each month at 2 pm. Contact Anne Luneburg for more information - on 01256 363393 / 07590 417362

Alton Rendezvous - A support group run by Carers Together for carers and the cared for. Held at the Assembly Rooms on 2nd Wednesday of each month from 10.00am - 12.30pm. Contact Carers Together for more information - on 01794 519495