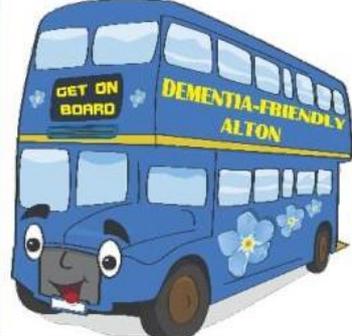




The Queen's Award
for Voluntary Service

Dementia-friendly Alton

Charity Number - 1202095



Newsletter Number 36 Sept - Oct 2023

Dementia-friendly Alton Choir –
supported by the Dementia Choir from Andover, performed a show-stopping set and entertained the crowds at Alton's first Thank You Day on 2nd July in Anstey Park. Our members were very proud to be part of this special day and are looking forward to leading an even bigger sing-a-long at next Years Thank You Day on 7th July 2024

Forget-me-not Walk
Huge thanks to our intrepid walkers who braved the showers on 14th August 2023 to raise nearly £600.00 for our funds – Thank You x
We are so grateful



THE MEMORY CHOIR



Volunteer with US
Click on QR code or
Visit our stand at New
Direction Event below



Still Flourishing in the Forest
The successful project at Alice Holt Forest (sponsored by Haskins/Birdworld) has led to an exciting opportunity to enjoy the outdoors within the New Forest



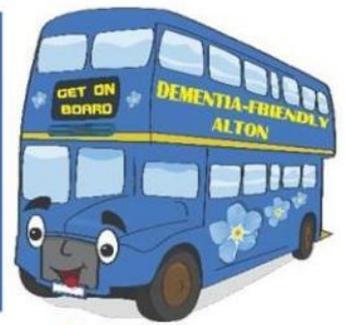
**Next Alice Holt Day
Saturday 2nd September**



The Queen's Award
for Voluntary Service

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What's on – Monday to Saturday

Every Monday – Creative & Curious – 1030 – 1230 – Edgar Hall

Meet with friends to unleash your creativity in our relaxing and mindful 'crafty' session to start the week – see website / noticeboard for exact programme



Every Monday – Gardening Gang at the Town Park – 1400 - 1530

Meet in the Sensory Garden to help with the raised beds / Butterfly Walk .
Always a job to do – big or small – Enjoy homemade cake and a cuppa

No session on TUESDAY as support is available from the Community Club with Altonian Care at the Alton Community Centre – call 01420 85057



Every Wednesday – Meeting Centre at ALTON COMMUNITY CENTRE:

1030 – 1300 – Chat with friends over a cuppa, with a craft activity each week, and a fortnightly Quiz with Keith or Tai Chi session with Sue Kelly (1230–1300)
1300 – 1400 - Friendship Lunch – Inside or out in the pretty Courtyard
1400 – 1530 – Choice of activities (Intergenerational) – Table-top horticulture, maintaining the Courtyard Garden, afternoon stroll to Flood Meadows, parlour games or seated exercise – with Afternoon Tea
During term-time – joined by St Lawrence pupils (2-3 pm)



Prioritising Activity
Companionship &
Empowerment



Every Thursday AM - PACE Programme Edgar Hall, Anstey Park – 0930 - 1215

0930 - Walking for Fitness - 45-60 min group walk around Anstey Park and Holybourne

1030 – 1215 – Coffee and catch up / Bocce & Get Active session in Edgar Hall

Every Thursday PM - Gardening Gang at Wooteys Allotment – 1300 – 1530

Join us at the Allotment on the Wooteys Site – great exercise

as we chat & look down over Alton! Refreshments provided

Call 07922 022321 to book. Supported by Anstey Junior Pupils

Second Thursday each month – 1400–1530 – Legion Legends at British Legion



Prioritising Activity
Companionship &
Empowerment



Every Friday – Music & Movement - Meeting Centre @ Edgar Hall, Anstey Park

1030 – 1215 – Meet for a cuppa and chat before Music from 1100 (starts at 10am on last Friday of month for the Social Prescriber Coffee morning)

1115 – 1400 – Carer support session – check programme on noticeboard

1230 – 1330 - Lunch – Bring your own or enjoy Fish & Chips

1330 – 1530 - Lets Get Active - Indoor games or Tea Dance with

Paul O'Brien Dance School – check notice board for exact programme.



First Saturday of the Month - FLOURISH IN THE FOREST at Alice Holt Forest

Check website for details and to book your place - Lunch provided

For more information regarding these & all other FREE dementia-friendly events

Click on website – www.dementia-friendly-alton.org.uk or call 01420 551455

