

# News

## Oct - Dec

### 2016



Clare Beck, Secretary and volunteer with Dementia-friendly Alton raised an impressive £515.00 for Alzheimers Society after completing an 8K memory walk in September 2016. Congratulations and thanks to Clare from DFA

More information on website: [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)

**Amazing Family Contribution** - The Annual Alzheimer fundraising afternoon run by the Dando family made £440. Along with donations raised by giving talks on various subjects to local clubs and groups, coffee mornings and sponsored walks, this brings the total raised over the years to approx. £19,100, Kate Dando said, "Half of which is donated on to the national Alzheimer Charity and the other half being given to local Dementia initiatives. None of this would have been possible without the generosity of family and friends, many of whom have had experience of living with loved ones with various dementias. It was a pleasure to welcome Terry Eccott, our local Alzheimer Ambassador, and Debbie Thompson, one of the Anna Chaplains for the Elderly, both of whom found time to talk to many of those present.

To join the Dementia-friendly Alton initiative or share relevant news please contact us - see details overleaf



**Dementia  
Friendly  
Hampshire**



**Newsletter  
Number 10**

Working to become  
**Dementia  
Friendly**

# Dates for your diary

## Dementia Friends Sessions

Contact Dementia-friendly Alton if you would like a 'Friends' session for your group / organisation.

Check / book a place at nearby Dementia Friends sessions at [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

Follow the Dementia-friendly Activity in your local community on Twitter

@DFAlton



Connect to 'Dementia-friendly Alton' on facebook, like our page and help us share all our news



For up to date news check out our website [www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)



For an electronic copy of this quarterly newsletter - please send your details to: [dementia\\_friends@btinternet.com](mailto:dementia_friends@btinternet.com)



To speak to a local Dementia Champion call 07922 022321



## October

3

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

6

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

11

Alton Rendezvous  
1 - 3 pm  
Assembly Rooms, Alton  
See over for more details

12

Library Group  
2-4pm  
Alton Library  
See over for details

13

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

25

Sip and Share Afternoon Tea  
3 - 4.30pm  
Marlfield Care Home, Alton  
See over for more details

25

Alresford Dementia Cafe  
10.30 am - 12.30pm  
Contact Barbara Wade  
07710 058641

## November

3

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

7

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

8

Alton Rendezvous  
1 - 3 pm  
Assembly Rooms, Alton  
See over for more details

9

Library Group  
2-4pm  
Alton Library  
See over for details

11

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

22

Sip and Share Afternoon Tea  
3 - 4.30pm  
Marlfield Care Home, Alton  
See over for more details

22

Alresford Dementia Cafe  
10.30 am - 12.30pm  
Contact Barbara Wade  
07710 058641

## December

1

Carers Hub - 10 am - 4 pm  
St. Mary's R C Church, Alton  
Contact Claire (see over) for more info

4

Christmas Cracker  
10.00 - 16.00  
Alton Community Centre

5

Singing at Alton Community Centre - 1.30 - 2.45 pm  
See over for more details

8

Legion's Legends  
2 - 3.30pm  
British Legion, Anstey Park, Alton  
See over for more details

13

Alton Rendezvous  
1 - 3 pm  
Assembly Rooms, Alton  
See over for more details

14

Library Group  
2-4pm  
Alton Library  
See over for details

No Sip and Share event - during Dec - however the whole Christmas timetable of events will be circulated nearer the time - please check our website.



# Guide to local Dementia-friendly Activities

**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](mailto:dementiaadvicebasingstoke@andovermind.org.uk) or on 07827 317650 or 01256 423829

**Enjoy Singing** - Come and sing at the day care centre at Alton Community Centre. First Monday (Tues if BH) 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.

**Sip'n'Share at Marlfield Care Home** - Monthly (now Tuesday) afternoon - tea and activities event. Please call Lesley Brunt, Home Manager, Marlfield on 01420 593960 for more details if you would like to attend.

**Alton Library Group** - Second Wednesday of the month from 2-4 pm. Contact 01420 85734 for details or to request car service.

**Alton Rendezvous** - A support group run by Carers Together for carers and the cared for. Held at the Assembly Rooms on 2nd Tuesday of each month from 1300 - 1500. Assembly Rooms, High Street, Alton, GU34 1BA - 01794 519495

**Carer's Hub** - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Claire Skilton 07769 170246 for information. Health checks for Carers are available at each meeting. Provides a vital opportunity for Carers to look after themselves.

**Legion's Legends** - A free social group for ex-service personnel and people with an interest in the military. An opportunity to chat and share stories in a safe and supportive env  
Held at the Alton British Legion from 2-3.30 pm on the second Thursday of each month.

Contact Sarah Gardner on 07827 317650 or Pat Murrell on 07771 790228 for more information



## Dementia-friendly Alton Members Corner



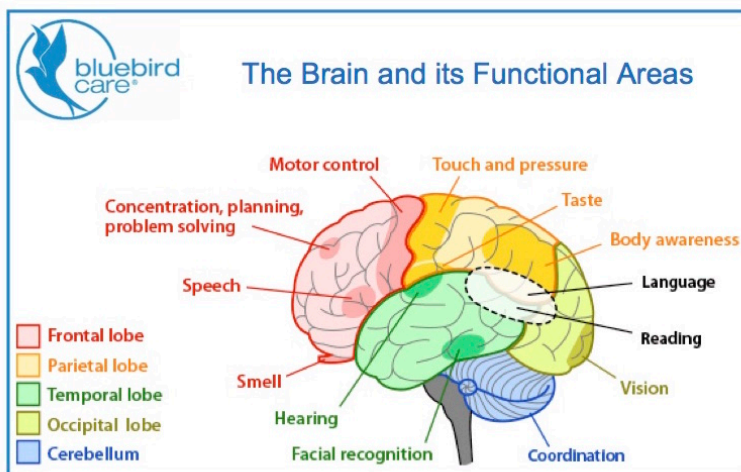
Bluebird Care in Alton and indeed across the whole of Hampshire are pleased to support the dementia-friendly initiative. All of their Care Assistants undergo thorough Dementia specialist training to gain knowledge alongside 'hands on' experience of what it is like for a person to live with Dementia. Their care staff can then provide support that improves quality of life, despite the challenges that those with dementia and their families may encounter.

Bluebird Care's Dementia Awareness course is fully funded for all their staff and is a nationally recognised, professional qualification which aims to develop our staff's knowledge and skills when caring for people with Dementia.

They also have 'Dementia Champions' within their teams of Care Assistants who support other members of the care team, ensuring the team get regular updates and meetings, allowing their knowledge to be passed down at all levels.

Bluebird Care is proud of the work they do in the local community, ensuring that all their customers living with Dementia and their families have the best possible care and support.

If you would like more information about their specialist Dementia care services, you can pop in to see them on Cross & Pillory lane, next to the River Kwai Thai restaurant and the Toy Shed. Alternatively you can contact them on 01420 550 777 or [alton@bluebirdcare.co.uk](mailto:alton@bluebirdcare.co.uk).



# News from Dementia-friendly Alton members and supporters

Support is available from the Alzheimer's Society. Our local office is in Basingstoke - contact Anne Luneburg:  
Office address - Ground Floor, Room 3,  
8 Chequers Road, Basingstoke  
Hampshire, RG21 7PU  
Tel: 01256 363 393 / 07590 417362  
Email: [basingstoke-district@alzheimers.org.uk](mailto:basingstoke-district@alzheimers.org.uk)

Leading the fight  
against dementia

## Alzheimer's Society



**Karen Murrell and Sarah Gardner of Dementia - friendly Alton at Demfest 2016, held in Romsey on 25th Sept.** - This is the second year running for the 'one-stop shop' for all public and professionals interested in finding out about support for those with dementia. Being dementia-friendly itself, it was great to see both carers and the 'cared for' visiting stalls and engaging with all the services and products available in the area of dementia care. Huge thanks to Romsey Dementia Action Group (ROMDAG) for hosting this exceptional event.

**Dementia-friendly events outside of Alton include the new weekly Sunflower Cafe at Odiham and the Community Event supported by the Triangle in Liss. Why not visit these and support the great work.**

Janet Ayers & Matthew Parsons lead an afternoon sing-a-long including old favourites plus new songs. Singing has many health benefits, is good for the body & mind and helps alleviate stress & anxiety. It's fun and enjoyable and open to all, even if you think you can't sing, so you are warmly invited to join in!

Free hand massage with  
1984's Beauty & Bar

A fun and inclusive exercise session  
with East Hill House Residential  
Home

Advice and support for people worried  
about or affected by dementia



Leading the fight  
against dementia

Alzheimer's Society



The Triangle

run by the community, for the community



## Sunflower Cafe

For people with dementia and their carers  
**All Welcome**



**At the Old School**  
London Road Odiham RG29 1AJ  
**Every Wednesday 2pm-4pm**  
**from September 7th**



For more information please  
contact: Elaine  
Email:  
[sunflowercafe@outlook.com](mailto:sunflowercafe@outlook.com)  
Phone:  
07553881474

