



The Queen's Award
for Voluntary Service

Dementia-friendly Alton

Charity Number - 1202095



Newsletter Number 38 Jan - Feb 2024



We're moving to the Assembly Rooms and we need your help !!

1st January – Pop in 2-4 pm to meet the gardening gang – have a cuppa

2nd – 4th January 2024
Join the Team of Volunteers at the Assembly Rooms to help with clear-out and get the building ready for the refurbishment to begin

13th January 2024 – 10-12 or 2-4
Pop in to meet Volunteers and engage in Public Consultation re future plans for the Assembly Rooms

14th January 2024 – 10-12 or 2-4
Induction to Volunteering with Dementia-friendly Alton
Call 01420 551455 – or click on QR Code to register



Huge thanks for recent donations

John Maries – £100
Butts Church – £25
Eco Church POTR - £310.24 from the Craft Swap event



Loving Memory - Best wishes are sent to family and friends at the recent, sad loss of both Trevor Stothard and 'Jock' John Balmer – missing their cheerful conversation and cheeky smiles within our group.



Scan QR code below to **DONATE**



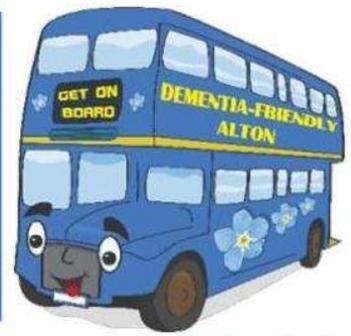
MEETING CENTRES UK
ALTON MEETING CENTRE



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Monday to Saturday – Jan to March 2024

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

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



Tuesday Evening – Gentle Yoga at Edgar Hall – 1800 - 1900

Time to relax and restore with Sue Tupper Yoga – FREE to attend / book for members

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



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)



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

0930 - Walking for Fitness - 45-60 min group walk as far as Holybourne

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

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

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

Call 01420 551455 to book. Supported by Anstey Junior Pupils

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



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

1030 – 1215 – Meet for a cuppa and chat before Music from 1100

1115 – 1300 – 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



MEETING CENTRES UK
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1st Saturday each month from March - FLOURISH IN THE FOREST
at Alice Holt – check website for details / to book your place – FREE lunch

For more information regarding all events go to

www.dementia-friendly-alton.org.uk or call 01420 551455