



Dementia  
Friends

How to contact / follow us:

To find out about dementia-friendly activities in the area go to:

[www.dementia-friendly-alton.org.uk](http://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](mailto:dementia_friends@btinternet.com)

To speak to your local Dementia Champion call 07922 022321

Behappy@

[WWW.THEHAPPYHEALINGHUT.COM](http://WWW.THEHAPPYHEALINGHUT.COM)



British  
Gymnastics

Foundation

Love to Move

Delivered by our trained volunteers  
Movement Therapy sessions  
developed by the British Gymnastics  
Foundation



## LOVE TO MOVE SESSIONS

**1400 - 1500**

STARTING WEEKLY FROM  
**WEDNESDAY 9<sup>th</sup> JUNE 2021**

AT THE  
**ALTON COMMUNITY CENTRE**

Arrive by 1400, wearing comfortable clothes / shoes that you can move easily in.

Full support and encouragement will be given to help you with the exercises – just 'join in at your own pace'

Free to attend – call 07922 022321 for more information



[www.dementia-friendly-alton.org.uk](http://www.dementia-friendly-alton.org.uk)  
Print run kindly funded by Alton Rotary Club



# Dementia-friendly Alton Summer dates for your diary

Friendship Café, Tea Dances and Forget-me-not Ladies from Aug/Sept 2021



## ALTON COMMUNITY CENTRE

Community Club restarting on Tuesdays SOON

Every Wednesdays from 16<sup>th</sup> June 2021 – all day session:

1000 – 1100 – Meet with Dementia Friends in the Garden/Cafe

1100 – 1300 – Memory Lane Café – Weekly themes TBA

1300 – 1400 – Lunch break at your leisure  
(Regency Café will be open)

1400 – 1500 – Love to Move (see over)

1500 – 1600 – Afternoon Tea and Chat in the Garden/Cafe

1600 – 1700 – Calm at Dusk / Pottering with the Plants

## Legions Legends back on at the British Legion, Anstey Park

From 1400 - 1530 on the second  
Thursday of every month join Judy,  
Anne, Sarah, Pat and Colin for tea  
and cake and a varied programme  
of activities / visitors

10<sup>th</sup> June  
July  
August  
September



## Memory Lane Singing at Orchard House - Join us at 11.00 to sing from

11.15 – 12.15 with Paul Tickner

2 & 16 July TBC

6 & 20 August TBC

3 & 17 September TBC

If ease of Lockdown allows



Forget-me-not Church Service & Friendship Tea – 4<sup>th</sup> August



## Home Instead & Bluebird Care

are gearing up to deliver and  
support more dementia-friendly  
opportunities when it is safe to do so – so watch this  
space or check out our website / facebook for details



Best wishes to staff and residents at Borovere and  
Brendoncare – who we look forward to working with  
once again when they can fully open their doors and  
provide opportunities for more dementia-friendly events.



ALTON  
TOWN COUNCIL



Forget-me-not Walk - Saturday 4<sup>th</sup> Sept 2021  
Alton Town Park – Details to follow