



Friends of the Elderly

Newsletter Apr - Jun 2019

Big thanks to members of Alton Inner Wheel club, who kindly undertook a sponsored walk for us in 2018 and raised an amazing £650.00. This was presented by Christine Silver and Pam Conway at the Christmas Tea Dance.

NEW CRAFT CAFÉ

EVERY WEDNESDAY 2 - 4 pm
'Lounge at The Lawn' at Lawn Residential Home in Holybourne. Participate in a craft activity while you have a cuppa and a chat or join the team from Mens Sheds to make something in the Shed. Call Men's Shed on for more information - 01420 83870



DANCING FOR DEMENTIA
Members of the PaulOB1 Dance School who already support the monthly tea dance at the British Legion (see inside), held a raffle at their Christmas Glitterball which raised £131.00 for Dementia-friendly Alton. **Thanks to Paul and members of his amazing school KEEP DANCING**

Celebrate our 5th Birthday with us, by joining the 'Forget-me-not' Walk on Thursday 27th June at the Jubilee Fields - see inside for more information



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



Diary dates

Dementia Friends Sessions

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

To find and book a place on a nearby Dementia Friends sessions go to 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



For an electronic copy of this quarterly newsletter - please send your details to: dementia_friends@btinternet.com



To speak to a local Dementia Champion call 07922 022321



April

1, 15, 29

Music & Memories Café
St Marys RC Church
10.30 -12.30 (See over)

3, 10, 17, 24

Memory Lane Café
Alton Community Centre
11 am - 1 pm (See over)

3, 10, 17, 24

Lounge at the Lawn in
Holybourne
2 - 4 pm (See front page)

4

Carers Hub -10 am - 4 pm
St. Mary's R C Church
(see over)

5, 12, 26

Memory Lane Sing-a-long
Orchard House
11.00 -12.15 (See over)

10 - NEW

Reminiscence Café
3 - 5 pm , Pax Hill, Bentley
See back page

11

Legion's Legends
British Legion, Anstey Park
2 - 3.30pm (See over)

25

Tea Dance & Pub Games
British Legion, Anstey Park
1.30 -3.30pm (See over)

May

1, 8, 15, 22, 29

Memory Lane Café
Alton Community Centre
11 am - 1 pm (See over)

1, 8, 15, 22, 29

Lounge at the Lawn in
Holybourne
2 - 4 pm (See front page)

2

Carers Hub -10 am - 4 pm
St. Mary's R C Church
(see over)

3, 10, 31

Memory Lane Sing-a-long
Orchard House
11.00 -12.15 (See over)

9

Legion's Legends
British Legion, Anstey Park
2 - 3.30pm (See over)

20

Music & Memories Café
St Marys RC Church
10.30 -12.30 (See over)

20 - 26

Dementia Action
Week
Programme to follow

23

Tea Dance & Pub Games
British Legion, Anstey Park
1.30 -3.30pm (See over)

June

3, 17

Music & Memories Café
St Marys RC Church
10.30 -12.30 (See over)

5, 12, 19, 26

Memory Lane Café
Alton Community Centre
11 am - 1 pm (See over)

5, 12, 19, 26

Lounge at the Lawn in
Holybourne
2 - 4 pm (See front page)

6

Carers Hub -10 am - 4 pm
St. Mary's R C Church
(see over)

7, 21

Memory Lane Sing-a-long
Orchard House
11.00 -12.15 (See over)

8

Party in the Park

13

Legion's Legends
British Legion, Anstey Park
2 - 3.30pm (See over)

27

Tea Dance & Pub Games
British Legion, Anstey Park
1.30 -3.30pm (See over)

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 or on 07827 317650 or 01256 423829

Alzheimers Drop-in Service - First Friday of the month from 10-12 noon at Alton Library from . Contact Sean Deegan from Alzheimers Society office Basingstoke- 01256 363393 / sean.deegan@alzheimers.org for more information. basingstoke-district@alzheimers.org.uk

Carers Hub - Held on first Thursday of each month from 10 am - 4 pm at R C Church, Alton. Contact Princess Royal Trust for Carers on 01264 835246/ 835205 or info@carercentre.com for more information.

Music and Memories Café - an opportunity for those with dementia and their carers to meet with others for support, reminiscence and relaxation through music. Led by Home Instead on 1st & 3rd Monday of the month from 10.30am - free to attend - for more info call 01420 543214

Memory Lane Café - an opportunity for those with dementia or memory loss and their carers to meet with others for support, reminiscence and relaxation with craft activities, music, quizzes and more importantly tea, cake and companionship

with lots of laughs along the way. Come and meet Marina, Kathy & Kat every Wednesday at Alton Community Centre. Led by Altonian Care on Wednesday mornings 11.00-13.00 every week - free to attend - for more information call 01420 85057

Dementia-friendly Tea Dances / Pub Games at the Legion - Held monthly on a Thursday - from - 1.30 - 3.30 pm - see calendar page. The opportunity to dance in a relaxed and informal setting with support from Paul O'Brien dance school, or play pub games with members of the British Legion if you prefer. Free to attend. Contact 07922 022321 for more information.

Legion's Legends - A free social group for ex-service personnel and people with an interest in the military. An opportunity to socialise in a safe and supportive environment. Held at the Alton British Legion from 2-3.30pm on the second Thursday of each month. Contact Sarah Gardner - 07827 317650 or Pat Murrell - 07771 790228.

Alton Memory Lane - A fun, sing-a-long workshop suitable for people with dementia or memory loss and their carers/friends. Held twice a month at Orchard House, off Drayman's Way, Alton. Arrive at 11.00 - singing from 11.15 - 12.15. Free to attend. Contact Dementia Friends on 07922 022321 or Maxine of Radian 01420 85952 for more information.

'Forget-me-not walk' - 27th June 2019

To celebrate five years of supporting people with dementia and their carers in Alton, we are holding a 'Forget-me-not Walk' and involving many of our community partners. A stroll around the 1km footpath at the Jubilee Fields (near Sports Centre). People taking part can get sponsorship to support their efforts, whilst socialising with friends, work colleagues, group members and the dog. Registration & sponsor forms will be available after Easter from our website as well as Specsavers, Alton Community Centre, Orchard House and Brendoncare.



News from Dementia-friendly Alton members and supporters

Great news!
Dementia-friendly Alton has been awarded £2000.00 to support running of cafés and events though 2019

Supported by players of



Awarded funds from



Robert Simmons Solicitors demonstrate commitment by becoming dementia-friendly

Members of the legal team at Robert Simmons, with offices in Alton and Camberley, were keen to become dementia-friendly. Meeting the individual needs of all their clients and their families is hugely important to them, especially when they are having to deal with important financial decisions. Becoming more dementia aware will help to improve their service.

Happy First Birthday to Music & Memories Café

Well done to the Mike, Pam and the amazing team at HomeInstead Senior Care, based in Alton. For the last year they have been involved in running a very successful café, where live music is enjoyed whilst sipping tea, eating cake and playing games / activities. Held fortnightly at St Marys RC Church, Alton. See inside for dates from April - June.



NEW Café at Pax Hill, Bentley On Wed 10th April from 3-5 pm Pax Hill Care Home will be holding a Reminiscence Café which is open to the public. Laura Hill, their Dementia Specialist Occupational Therapist will provide advice throughout the event, which will include Afternoon Tea. Future dates to be advised. Call Jane Upfold - 01420 525882 for more information.

A healthy approach to Dementia Action Week

In association with Alton Sports Centre Staff and 'Everyone Active', we are currently planning daily dementia-friendly sport and leisure activities throughout the whole week from 20-25th May 2019. The week will end with a full day leisure programme on Saturday 26th to include dementia awareness sessions. Timetable to follow.

everyone ACTIVE **20 -26 May 2019 - Dementia Action Week** everyone ACTIVE