



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

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

To speak to your local Dementia Champion call 07922 022321



We wish you a Merry Christmas and a Happy New Year !

We are so pleased that we have been able to ease out of 'lockdown' safely and continue to deliver our 'very important' sessions for people with dementia and their carers. We have also taken the opportunity this year, to introduce new experiences such as Love to Move and Horticulture, with Equine Therapy coming in the New Year

WATCH THIS SPACE!

Until then - a small taster of 2021:

Super fund-raiser award (top-left)

Ready for Christmas Panto (top right)

Loving the Sensory Garden (left)



www.dementia-friendly-alton.org.uk

Thanks EHDC & ATC for support with gardens in 2021



Upcoming Events for Spring

In addition to continuing with our regular events (see back page), we are pleased to announce that NEW events will be introduced:

**EQUINE THERAPY
ALLOTMENT GROUP**

Watch this space!!

**Keeping everyone safe
during COVID -19**

As the health and well-being of all our visitors and staff (volunteers) is important to us, we encourage everyone to undertake Lateral Flow Test before attending our events – it's a quick & easy way to do our best to keep safe

COVID-19 **NHS** Test and Trace

Free, rapid testing for people without symptoms **Keep Hampshire SAFE**

 Participating pharmacies Collect a test kit, book a supervised test, or drop-in	 Symptomatic testing sites Collect a test kit (afternoons only)	 Via home delivery Order online or by phone	 Through your employer Test and/or collect, if you have a workplace scheme
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From 30 April, community testing sites for people without symptoms will close

Test Record Repeat For peace of mind and to protect your loved ones

Hampshire County Council hants.gov.uk/testandtrace

Introducing FLOURISH

A new development is proposed which brings together the range of activities now available, due to acquiring access to three separate horticulture / gardening facilities: the Courtyard at Alton Community Centre, the Allotment in Alton and the Sensory Garden area in the Public Gardens. Linking these three facilities together, widens the scope for promoting a 'sense of purpose' alongside the many enjoyable activities and opportunities for socialisation, which all have a positive impact on mental health for the person with dementia and their carer.

F – Friendships across all ages

L – Laughter which stimulates communication

O – Opportunity to get involved as much or as little as you wish

U – Understanding each others needs with empathy

R – Respect for individuals – putting people first

I – Independence and empowerment at all times

S – Support for those with dementia and their carers

H – Health and Well-being

Holistic support for people with dementia & their carers

FLOURISH

'Let's Keep Growing Together'



HEALTH &
WELL-BEING



FRIENDSHIP



LAUGHTER



SUPPORT



INDEPENDENCE



OPPORTUNITY



UNDERSTANDING



RESPECT



See website to
check dates or
for more information
www.dementia-friendly-alton.org.uk

Dementia-friendly Alton 2021/2 dates for your diary

NEW- Equine Therapy & Gardening at the Allotment – Starting in Spring 2022



ALTON COMMUNITY CENTRE – MEETING CENTRE

EVERY Wednesday – support during all day session:

1030 – 1100 – Meet with Dementia Friends in the Garden/Cafe

1100 – 1300 – Memory Lane Café – Crafts/Music/Gardening

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

1400 – 1445 – Love to Move

1445 – 1530 – Wishing Well Choir / Crafts / Gardening



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

9th December

13th January

10th February

10th March

14th April



'Sunday Gardeners' are meeting at the Allen Gallery over the Winter - Join us from 1300 – 1500 EVERY Sunday for chat and cuppa, as we scrapbook & craft in the Gallery, whilst enjoying their lovely garden.

Tea Dances are held at the Legion too!

TUESDAYS once a month at 1330-1530

21st December – Christmas Special

25th January

22nd February

22nd March

Fridays at Orchard House - 17th Dec 2021 Christmas Special – 1100 - 1215

From January 2022 we will be introducing Love to Move to Orchard House, so that there's ALWAYS something from **1100-1215 on FRIDAY** – see below:

Singing with Paul Tickner - Jan 7 & 21, Feb 4 & 18, March 4 & 18

Love to Move with Karen or Sarah – Jan 14 & 28, Feb 11 & 25, March 11 & 25

BIG THANKS to John Maries for continuing support to our Legion Legends meeting and fund raising another **£222.65** to support our work

WOULD YOU LIKE TO VOLUNTEER?

With so much dementia-friendly activity on offer in Alton and the surrounding area, 'helpers' are always welcome. We are planning to recruit more volunteers to join us in 2022. Come along to our Open Day on 5th January 2022, at Alton Community Centre, to find out about helping US as well as helping YOURSELF. It's so rewarding when your 'smile' means so much.

CAREGIVING IS A SERIES OF
SMALL ACTS OF KINDNESS
THAT ALTER THE COURSE
OF SOMEONE'S LIFE

