



How to contact / follow us:

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



HAPPY NEW YEAR TO YOU ALL
FROM DEMENTIA-FRIENDLY
ALTON

Hope you enjoy these photos of our
tree from the Christmas Tree
Festival at St Lawrence Church,
December 2019



everyone ACTIVE

**Alton Sports Centre continues with
dementia-friendly activities into 2020**

Centre staff have undergone Dementia awareness training - so that they are able to offer the best service to people with dementia and their carers. **HOW CAN THE SPORTS CENTRE HELP YOU?** Visit us at the Sports Centre Grand opening event on **11 January 2020** to let us know what activities would help

Lovely Sarah Dell from Wey Valley Radio came along to the Christmas Party at Orchard House for the last Dementia-friendly event of 2019 and was the winner of the amazing Hamper in the Raffle!! Brilliant news!!



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

January

8, 15, 22 & 29

Wednesdays

Memory Lane Café
Alton Community Centre
11 am - 1 pm

8, 15, 22 & 29

Wednesdays

Lounge at the Lawn in
Holybourne - 2 pm – 4 pm

9 – Thursday

Legion's Legends
British Legion, Anstey
Park - 2 pm – 3.30 pm

10, 17 & 24

Fridays

Memory Lane Sing-a-long
Orchard House
11.00 -12.15

13 & 27

Mondays

Smile & Share @
Brendoncare
2.30 pm - 4 pm

20 – Monday

Hearts and Minds -
Singing Together at St
Marys RC Church
10.30 -12.30

30 – Thursday

Tea Dance at the Royal
British Legion, Anstey
Park
1.30 - 3.30pm

February

3 & 17

Mondays

Hearts and Minds -
Singing Together at St
Marys RC Church
10.30 -12.30

5, 12, 19 & 26

Wednesdays

Memory Lane Café
Alton Community Centre
11 am - 1 pm

5, 12, 19 & 26

Wednesdays

Lounge at the Lawn in
Holybourne - 2 pm – 4 pm

7, 14 & 28

Fridays

Memory Lane Sing-a-long
Orchard House
11.00 -12.15

10 & 24

Mondays

Smile & Share @
Brendoncare
2.30 pm - 4 pm

13 – Thursday

Legion's Legends
British Legion, Anstey
Park - 2 pm – 3.30 pm

27 – Thursday

Tea Dance at the Royal
British Legion, Anstey
Park
1.30 - 3.30pm

March

2 & 16

Mondays

Hearts and Minds -
Singing Together at St
Marys RC Church
10.30 -12.30

4, 11, 18 & 25

Wednesdays

Memory Lane Café
Alton Community
Centre 11 am - 1 pm

4, 11, 18 & 25

Wednesdays

Lounge at the Lawn in
Holybourne - 2 pm – 4 pm

6 & 13

Fridays

Memory Lane Sing-a-long
Orchard House
11.00 -12.15

9 & 23

Mondays

Smile & Share @
Brendoncare
2.30 pm - 4 pm

12 – Thursday

Legion's Legends
British Legion, Anstey
Park - 2 pm – 3.30 pm

26 – Thursday

Tea Dance at the Royal
British Legion, Anstey
Park
1.30 - 3.30pm

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 Celia and members of the Dementia Advice team. Contact via email enquiries@andovermind.org.uk or call on 01264 332297

Heart and Minds - Singing Together (formerly Music & Memories)

an opportunity for those with dementia and their carers to meet with others for reminiscence and relaxation through music. Led by Mike and Pam of Home Instead East Hampshire on 1st & 3rd Monday of the month from 10.30am - call 01420 543214

Smile & Share @ Brendoncare - Held 2nd & 4th Monday - 2.30 – 4.00pm - at Brendoncare Alton. Crafts, quizzes and fun along with a cuppa and home-made cake. Contact reception at Brendoncare on 01420 549797 or for more information.

Memory Lane Café - an opportunity led by Altonian Care, for those with dementia or memory loss and their carers to meet with others for support, reminiscence, tea, cake, companionship and laughs along the way with Marina, Kathy and Kat. For more information call on 01420 85057

Lounge at the Lawn - Held every Wednesday from 2 - 4 pm the Lawn Care Home in Holybourne. Craftwork and more with the support of Men's Shed. Contact 01420 83870 for more information.

Tea Dance at the British Legion - Held monthly on a 3rd or last Thursday from - 1.30 - 3.30pm. Dance in a relaxed and informal setting with support from Paul O'Brien dance school and Bluebird Care. 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 supportive environment. Held at the Alton British Legion from 2.00 - 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 session suitable for people with dementia or memory loss and their carers/friends. Held three Fridays a month at Orchard House, off Drayman's Way, Alton. Arrive at 11.00 for refreshments - singing from 11.15 - 12.15. Free to attend. Contact Dementia Friends on 07922 022321 or Orchard House team on 01420 85952 for more information.

News from the Clubs

BIG THANKS TO ALL AT ORCHARD HOUSE AND ALTONIAN CARE WHO HAVE WORKED SO HARD IN 2019 TO INCREASE THE NUMBER OF DEMENTIA-FRIENDLY ACTIVITIES AVAILABLE.

MEMORY LANE CAFÉ CONTINUES TO RUN EVERY WEDNESDAY MORNING FROM 1100 – 1300 AT THE COMMUNITY CENTRE AND INCLUDES AN ARRAY OF CRAFT, PUZZLE AND MUSICAL ACTIVITIES ENJOYED BY ALL THOSE ATTENDING.

MEMORY LANE SINGING AT ORCHARD HOUSE IS NOW OFFERED ON THREE FRIDAY MORNINGS A MONTH FROM 1100 – 1215, (SEE PAGE OPPOSITE) WHERE THOSE ATTENDING CAN JOIN IN AN UPLIFTING SING-SONG.



Memory Lane Café

Every Wednesday

11.00am-1.00pm

(From 9th Jan 2019)

Free drop in 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.

For more information call us on 01420 85057 or email at acaenquiries@altoncommunitycentre.org.uk



Dementia-friendly supporters News and thanks

Acqua Doria rallies festive support yet again

Huge thanks to Acqua Doria, local home care provider, who kindly donated the proceeds of their Christmas raffle to support our work. That £75.00 will be put to great use – thank you!



Massive thanks to all who support the very successful Legions Legends – This monthly social gathering remains very well attended and even includes outings throughout the year. Thanks to Pat and Colin Murrell for ongoing support and provision of venue each month. Thanks to Anne Heath and John Maries for planning the programme and especially to John for fundraising so well throughout the year.

Exciting collaboration with Borovere Care Home – Wishing Well Music Experience

- Music Therapy provided by Key Changes and funded by us is relocating to a local care home, where it will be enjoyed by a residents at the Home as well as attended by a small number of invited people with dementia and their carers.



Great success as Music and Memories rebrands to become Hearts and Minds – Congratulations to Mike, Pam and the team from Home Instead who took the challenge to develop a community 'dementia' choir this year as part of their fortnightly music café. This brave decision has seen an increase in those attending and generated a most amazing sound. If you haven't heard it yet – you should come along in 2020 !



Thanks to all at Four Marks Men's Putting Club

Thanks to Mike Bowman and members of the Four Marks Men's Putting Club, who sent a cheque for £50.00 to support our work, as well as some very kind words of encouragement. Acknowledgement and recognition like this reminds us that we are doing an important job. Thank you so much,



15th May 2020 – Alton's first Dementia Festival