



Newsletter Jan - Mar 2019

Big thanks to James King and the Basingstoke and District Bowling Association who raised £500.00 for Dementia-friendly Alton. This was presented at the November Tea Dance.



Huge appreciation to Elaine and the team at St Lawrence Church who invited us for the first time to participate in the amazing Christmas Tree Festival over the weekend of 8/9th December. The opportunity to decorate our very own tree with decorations made in all of the Memory Cafés held in Alton, was just too good to be missed. As usual the friendly community of Alton showed a great deal of interest in our tree and everything that we do in Alton and the surrounding area.

MERRY CHRISTMAS AND HAPPY NEW YEAR

Christmas Party at the Memory Lane Café. Donations from Alton Lions and Iceland helped in making it a great success. **THANK YOU** Cafe will be held weekly from 9th January 2019



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 o 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



January

No Carers Hub in January

4, 11, 18, 25

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
Sally Lewis 01256 302219

4, 18

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

9, 16, 23, 30

Memory Lane Cafe
11.00 - 13.00
Alton Community Centre
See over

10

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

16

Open Event - Brendoncare
Contact Lian Beadell on
07384 468426 / 01420
549797 for more details.

17

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

21

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic
Church See over

February

1, 8, 15, 22

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
Sally Lewis 01256 302219

1, 15

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

4, 18

Music & Memories Cafe
10.30 - 12.30
St Marys Catholic
Church See over

6, 13, 20, 27

Memory Lane Cafe
11.00 - 13.00
Alton Community Centre
See over

7

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

14

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

21

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

March

1, 8, 15, 22

Dementia-friendly Swim
2.45 - 3.30pm
Sports Centre, Basingstoke
Sally Lewis 01256 302219

1, 15

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

4, 18

Music & Memories Cafe
10.30 - 12.30
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Alton - 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.

New Year Message from Kate - Alton volunteer

TALK TO ME

Talk to me, for I am here,

Talk to me, I know you're near,

I wish to know what I'm to do,

I'd love to learn more about you,

For here I am, a person you know,

I may not always hear or understand all that you say,

But it's so comforting to hear your voice today,

I'm still me, I'm still here, TALK TO ME

written and printed with kind permission from Kate Croswell



News from Dementia-friendly Alton members and supporters



Most Exceptional Contribution by a Person Living with Dementia was awarded to Terry Eccott at the 9th National Dementia Care Awards in November 2018



Alton man and prolific Dementia Campaigner Terry Eccott, was presented with his trophy by host Hazel Blears. The National Dementia Care Awards is an annual event organised by the Journal of Dementia Care, a multi-disciplinary journal for all professional staff working in dementia care. The awards recognise people in the dementia care sector, whose exceptional work and contributions make better, person-centred care a reality.



Four Marks and Medstead Rotary become Dementia-friendly Phil Talbot and members of Four Marks and Medstead Rotary welcome the opportunity to become dementia friends and take time to consider what they can do to support the initiative. A very interactive session identified lots of opportunities to support local dementia-friendly initiatives.

Dementia-friendly Update for the Specsavers Team in Alton

Well done to the amazing team in Specsavers Alton. Early adopters at the outset of Dementia-friendly Alton over four years ago - the current staff made sure that they had an update and brought new staff on board. What a team!



Thanks to Shirley Jennings and customers at Alley Cats in Alton - Donations collected at the Salon over the last year have exceeded £46.00. This amazing amount will cover the cost of a café. As a small business owner in Alton for over 20 years, Shirley is very supportive of local charities, including Dementia - friendly Alton. Would you like a collection tub for your business / group, to help raise funds for dementia-friendly activities in Alton? Please contact us - we would love to hear from you.



20 - 26 May 2019 - Dementia Action Week