Dementia Friendly Alton

Charity Number - 1202095

The Queen's Award for Voluntary Service

MEETING CENTRES UK
ALTON MEETING CENTRE

Number 41

Newsletter - Oct - Dec 2024

What a Summer that was – our first at ALTON ASSEMBLY ROOMS

Located in the heart of the Town, clearly visible to 'passers by' we have enjoyed friendly visitors and lots of activities on the newly refurbished lawn

As we end the Summer programme, with our innovative 'All the fun of the Village Fete' day, we look ahead and start planning for our Christmas Production. Yes – we plan to create our own show – called 'The Sharing' now that we have access to the most beautiful stage and are working with **Open Access Arts**

See inside for more details

Huge thanks for recent donations

Shalden Fete - £500
Creating Crafts & Blooms - £148.20
Alton Masons -£500
Newbury Building Society - £2,000
June Fenn £900+

Scan QR code below to **DONATE**

COMMUNITY FUND

MEETING CENTRES UK
ALTON MEETING CENTRE

Thanks to Alton Arts Festival – you helped to put us on the creative map!

WHAT IS THE ALTON MEETING CENTRE (DEMENTIA-FRIENDLY ALTON)

The Alton Meeting Centre is a community based support hub for people living with dementia and their carers, that operates from the 'iconic' and heritage, Alton Assembly Rooms, in the heart of Alton High Street. NOW open five days a week, since April 2024, the Centre currently has some core funding from the National Lottery Community Fund, Hampshire County Council & EHDC, in addition to a number of smaller grants. Support from local businesses, organisations and individuals is always welcome to provide sustainability for this vital facility

PLEASE SCAN QR CODE TO DONATE TO DEMENTIA-FRIENDLY ALTON – THANK YOU

WHAT PEOPLE SAY ABOUT THE SERVICE

'We are so lucky to have such a comprehensive support service for dementia in Alton, this doesn't exist anywhere else in the UK' – A care provider

'This Centre is a life-line for me – without this Centre, I would be lost' – A carer

203 Current members – people living with dementia and their carers. But anyone who can benefit is welcome to join!

12720 The number of hours of direct support provided for members and their carers since opening the doors at Alton Assembly Rooms on 29th March 2024

WHAT DOES IT COST:

REFRESHMENTS PER DAY

£10 - 15

PHYSICAL ACTIVITY PER SESSION

£35 - 50

CARER SUPPORT PER SESSION (HALF DAY)

£60

MUSICIAN PER SESSION

£80 - 110

PRINTING FLYERS (P.A)

1.0K

REPORT WRITING (P.A)

2.9K

Creative Residency at Alton Assembly Rooms

Drum roll please ….. The Sharing

December 20th at 1400 & 1600 and December 21st at 1100

Do I know you ? A live theatre event …….

Do we know and understand each other a little better as a result of our journey and our time together? There will be many stories, cuppas and giggles that have been shared along the way and now we are sharing with you!

Crochet Topper courtesy of

- Some Sketches
- Some Stories
- Some Comedy
- Some Dance
- Some Drama some Music
- Some Bright Orange Pants
- Some Singing in Groups, a Choir or Alone
- Some Moments of stillness to see if we care
- Some Austen
- Some Watercress
- Some History
- Some Trails
- Some Shakespeare
- Some Sonnets
- some Minor Details
- Some 'Sorry do I know you?'
- Some Join in some Rap
- Some Now that was great fun at end we all clap!

www.openaccessarts.co.uk

www.dementia-friendly-alton.org.uk

with Power of Music funding supported by

Supported using public funding by ARTS COUNCIL ENGLAND

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NEW Programme for **Health and Well-being** provided by:
www.dementia-friendly-alton.org.uk
Call for more information 01420 551455
Or Email - dementia_friends@btinternet.com

Day Time	MON	TUES	WED	THURS	FRI	SAT	SUN
1000 - 1100	Tea and chat every weekday – Pop in for a cuppa & catch up with the team and other members before the sessions start						
1100 – 1300	Creative and Curious	1100-1200 Fit Steps with Glenda 1200-1300 Tea and chat	Memory Lane (Crafts/Tai Chi/ Reflexology)	Health Walk @ 0930 1030-1230 Bocce & Games 1030-1115 Golden Grooves	1030-1230 Music Café/ Dementia Choir	1030-1530 First Saturday of the month join us at Alice Holt for Flourish in the Forest - See website for details	
Friendship Lunch (Mon/Wed/Thurs/Frid) – join with friends for Group Lunch session – or nip into Town for a lunchtime treat (Tuesdays)							
1330 – 1530	1345-1530 Love to Move 1400-1600 Horti @ Sensory Garden	1330-1430 Let's Get Talking – Coming soon 1430-1530 Yoga with Rebecca James	Games Afternoon/ Horti at Town Park / Train Station or Assembly Rooms 1400 – Get Active for Carers - Coming soon	Heritage and Culture Club (Games / Movies / Quiz / Guest speakers) Horti @ Allotment	1330-1530 Grand Tea Dance in the Ballroom		
Late afternoon / Early evening sessions							
Times vary	Coming soon	Coming soon	1630 – 1730 Yoga with Sue Tupper	Coming soon			

All sessions held at Alton Assembly Rooms
NEW Centre for Culture, Health and Well-being
Centrally located in Alton High Street, GU34 1BA