



THE ALTONIAN WEEKLY

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD

WEEK 10

Kings Arms Alton

As part of Mental Health Awareness Week 2020, The King's Arms youth project are focusing on kindness in our "KA at Home" blogs and online content.

We are providing a growing number of online groups for our young people. In these groups they continue to find friendship connection and support from our youth workers, both of which are great for keeping mentally healthy. One such group has a specific focus on anxiety, helping us understanding ourselves and learning coping strategies. Other groups include several for our Young Carers and Additional Needs. All our groups are supporting young people from the area, giving them opportunities to talk about how they feel and include helping them keep mentally healthy in various ways, including having lots of fun together.

We also offer our young people online one-to-one chat opportunities with our youth workers which is key to helping mental health.

For information about KA at Home and the programmes we offer, go to www.thekingsarms.org.uk.

Message From Town Hall

Week 10 of the Altonian focuses once again on mental health and wellbeing. It is so important to recognise that the current situation can be incredibly stressful and it really is okay to just take time for ones self and recognise if things are getting too much - there is plenty of help and advice out there if you wish to reach out; or if you want to just sit down, chill out, relax and be kind to yourself that's okay too!

Royal Albert Home

Royal Albert Home is offering a series of sessions from artists and musicians from the comfort of your sofa - at the Town Hall we love illustrator Charlie Mackesy and his poignant book The boy, the Mole, the Fox and the Horse.. (as well as his "love Wins" t-shirts for Comic Relief) If you have time this Saturday tune into Royal Albert Home (3pm) to watch his draw-along session on line. - with a cup of tea (and maybe cake!) #Bekindtoyourself.

is out there, you are not alone

<p>Cruse Bereavement 0800 8081677 Monday - Friday 9am - 5pm</p>	<p>Alton Mutual Aid 0800 066 3697 Monday - Friday 9am - 5pm</p>	<p>Hampshire Helpline 0333 370 4000 Monday - Sunday 9am - 5pm</p>	<p>Alton Food Bank 07773 034447</p>
<p>Alton Age Concern 01420 84257 Monday - Friday 10am - 3pm</p>	<p>Community First support@cfirst.org.uk</p>	<p>Mind 0300 123 3393 Monday - Friday 9am - 6pm</p>	<p>Alton Citizens Advice 01420 477005 Monday - Friday 9.00am - 3.00pm</p>
<p>Childline 0800 1111 24 hours</p>	<p>Respect 0808 802 4040 Monday - Friday 9am - 5pm</p>	<p>The Kings Arms Alton (for young people) 07169 695480 www.thekingsarms.org.uk</p>	<p>Samaritans 116 123 24 hours</p>
			<p>Domestic Abuse Service 0808 2000 247 24 hours</p>

ALTON TOWN COUNCIL

Maintaining Your Mental Health

During these times it is really important to allow space for self-care. Try to view this time as a challenge and not a crisis. Use it to make a positive difference to your life by enjoying pastimes you don't usually have the opportunity for and to catch up with those tasks you are always meaning to do. Here are some ideas for you:

- * Take part in a quiz - why not try the Lions Quiz on Wey Valley Radio?
- * Reading books- Hampshire Libraries have resources online
- * Listening to music
- * Cooking/ Baking
- * Organise virtual gatherings with your friends using online platforms such as Zoom or House party
- * Playing games- board games, games on your phone, puzzles (e.g. Sudoku)
- * Do the jobs you have always been meaning to do - organise photos, sort out the drawer you have been meaning to organise
- * Gardening - Why not enter Alton In Bloom?
www.alton.go.uk
- * Learn a craft on YouTube - knitting, crocheting, needle felting
- * Gratitude journal/ focus on positives
- * Take a journey along the Watercress Line from the comfort of your home
[Watercress Line](#)
- * Go for a round of golf, most of the local golf courses are now open
- * Have a game of tennis, the courts at Anstey Park are now open but please remember social distancing guidelines
- * Go for a walk or bike ride. There are some fantastic routes available on the [Walking and Cycling Festival page](#)



ALTON LIONS CLUB (CIO)
PRESENTS



THE FRIDAY NIGHT FUN QUIZ WITH QUIZMASTER DEAN PHILLIPS



On WEY VALLEY RADIO 101.1FM
& Facebook @weyvalleyradioalton
Friday 22nd May 8pm Start

FREE to ENTER
bring your own food and drink
No need to book / teams 1 - 100
just tune or link in - but
maintain social distancing



No prizes - no winners just for fun
If you enjoy it, please donate to

www.altonlions.org.uk

Just click the DONATE button &
follow the instructions



All funds raised will go to
support local COVID-19
community needs



Hampshire County Council Updates

Don't hang up we are here to help...

The Coronavirus Hampshire Helpline - 0333 370 4000 - set up to assist frail and vulnerable local residents with essential shopping, medication collections and befriending, is now reaching out directly to the many thousands of people, designated by the NHS as 'extremely vulnerable' - to offer support, should they need it. We're worried that some people may potentially miss out on vital support. [Here's what to expect from our automated service](#) - please don't hang up.

Taking care of your health and wellbeing at home has become more important than ever, and we've put together [some advice to help older residents stay well and help avoid trips to hospital, during lockdown and beyond](#). It covers a range of topics including staying active every day, strength and balance, keeping the home safe to avoid falls, looking after mental health and wellbeing, taking medication correctly and staying hydrated. www.hants.gov.uk/staywellathome

