



THE ALTONIAN WEEKLY

Alton Town Council, Town Hall, Market Square, Alton, Hampshire, GU34 1HD
www.alton.gov.uk

WEEK 11 18th March

Memorial Mandala For Sarah Everard

The Town Council has been made aware of a proposed gathering following the tragic death of Sarah Everard to be held at the Butts this coming Friday, creating a shrine at the Lions Bench. Whilst the Town Council stands together in solidarity with the message this gathering intends to convey and supports the call for real improvements in the lives and safety of all women both in our own community and beyond, we would urge, in the strongest possible terms people refrain from attending this event whilst the lockdown restrictions are still in place; potentially putting those attending both at legal risk and in terms of the risk of the virus spreading.

The Council has, instead, given permission for a temporary memorial mandala to be installed by the Garden of Remembrance in the Public Gardens, which will be in situ for a week from later today (Thursday) where people can come at any time of the day to lay a flower in quiet contemplation of Sarah's life, and take a moment to pause, pay their respects and be thoughtful. Visitor are urged to ensure they adhere to covid rules on social distancing, do not leave any plastic wrappings on site, or light their own candles (a central candle will be provided).



Photograph credit - Jackie King Photographer

Alton Walking and Cycling Festival

Last year we had to cancel the Alton Walking and Cycling Festival, this year we have everything crossed and are currently planning for the festival to go ahead which will run from **Friday 1st May - Monday 31st May.**

The inclusion of a mini cycling festival will run from **Friday 7th May - Sunday 9th May.** There will be 3 bike rides available every day, varying in distance and ability.

The walking festival has over 50 walks to choose from varying from 2.5 miles to over 26 miles. There certainly is something for everyone.

Here is a preview of the walks and bike rides this year http://www.alton.gov.uk/Alton_Walking_and_Cycling_Festival_2021_25042.aspx

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma, abuse and recently the effects of lockdown restrictions
- Family history of mental health problems

We are compiled a list of organisations, which you can find overleaf, that are there to support you or someone you know needs it.

Lockdown Easing

We can now meet up with one person outside of our own household or support bubble. Please remember, if you are planning to use our open spaces, parks, or picnic tables in Market Square and the Assembly Room to have a coffee or perhaps a picnic with a friend or family member, please remember to keep 2 metres away from each other and other park users and to wash your hands before and after your visit. Please remember to dispose of your litter in a bin or take it home with you.

Dogs Owners

When you are out with your dog can we please ask that you follow the below requests.

If there isn't a bin available to put your dog mess in, please bag it and take it home with you.





MENTAL HEALTH SUPPORT

**YOU ARE
NOT
ALONE**

Alton Counselling Service	www.altoncounselling.org.uk	01420 89207	Alton Counselling Service (ACS) is a registered charity based in Alton, providing affordable and professional counselling.
Alzheimer's Society	www.alzheimers.org.uk	0300 222 1122	Provides information on dementia, including factsheets and helplines.
Anxiety UK	www.anxietyuk.org.uk	03444 775 774	Charity providing support if you have been diagnosed with an anxiety condition.
Bipolar UK	www.bipolaruk.org.uk		A charity helping people living with manic depression or bipolar disorder.
CALM	www.thecalmzone.net	0800 58 58 58	CALM is the Campaign Against Living Miserably, for men aged 15-35.
ChildLine	www.childline.org.uk	0800 11 11	ChildLine is a counselling service for children and young people.- no problem is too big or too small.
Cruse Bereavement Care	www.cruse.org.uk	0808 808 1677	Support, advice and information to children, young people and adults when someone dies.
Family Lives	www.familylives.org.uk	0808 800 2222	Advice on all aspects of parenting.
Mencap	www.mencap.org.uk	0808 808 1111	Charity working with people with a learning disability, their families and carers.
Men's Health Forum	www.menshealthforum.org.uk		24/ 7 stress support for men by text, chat and email.
Mental Health Foundation	www.mentalhealth.org.uk		Provides information and support for anyone with mental health problems or learning disabilities.
Mind	www.mind.org.uk	0300 123 3393	Promotes the views and needs of people with mental health problems.
No Panic	www.nopanic.org.uk	0844 967 4848	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder.
OCD Action	www.ocdaction.org.uk	0845 390 6232	Support for people with OCD - Obsessive compulsive disorder.
PAPYRUS	www.papyrus-uk.org	0800 068 4141	Young suicide prevention society.
Relate	www.relate.org.uk		The UK's largest provider of relationship support.
Rethink Mental Illness	www.rethink.org	0300 5000 927	Support and advice for people living with mental illness.
Samaritans	www.samaritans.org.uk	116 123	Confidential support for people experiencing feelings of distress or despair.
SANE	www.sane.org.uk	0300 304 7000	Emotional support, information and guidance for people affected by mental illness, their families and carers.
Shout	www.giveusashout.org	Text Shout to 85258	Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. If you're struggling to cope and you need immediate help.
Young Minds	www.youngminds.org.uk	0808 802 5544	Information on child and adolescent mental health. Services for parents and professionals.



This was compiled by Alton Town Council on behalf of the Alton Community Coordination Group, for more information on other support services available please go to www.alton.gov.uk and click on the community resource hub.

