



**ALTON
TOWN COUNCIL**

THE ALTONIAN WEEKLY

WEEK 34 19th November

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

Home-Start Virtual Santa Run

For the past few years Home-Start Hampshire has proudly been part of the Alton Santa Run, a wonderful community event for the whole family. Sadly, this year the event is not able to take place and we've heard (on the Elf grapevine) that there are a lot of disappointed Santas out there. So, we put our best Santa hats on, had a good think and have decided to make this years event virtual - different but just as much fun!



We want you to put on your Santa hats, Elf hats or reindeer antlers and walk, jog, run, cycle or scoot 2km, 5km or 10km and raise money to support families in your local community whilst also spreading some festive cheer!

It's easy to enter - just choose your distance, your date (any date in December) and your route - you can even do it on a treadmill if you don't fancy braving the elements (but we still want to see you dressed up)! You can set up your own fundraising page or donate directly via ours, you can even link up with Strava to share your achievement directly! All we ask is that you stay safe, have fun and tag us in your pictures on social media!

For more details and how to enter go to: <http://www.virginmoneygiving.com/fund/HSHVirtualSantaRun2020>

Business Pop-Up Course

Whether you are at the beginning of your start-up journey, or you are an already established business, sign up now for the PopUp Business School this December.



The free, five-day online course will run from Monday 7 December to Friday 11 December via Zoom and is broken down into two sessions per day (10am-12.30pm and 1.30pm-3pm).

You'll gain the information, inspiration and practical advice to teach you how to build and evolve your business. The course will show you a new way of thinking, give you practical ways to get your idea off the ground and show you and how to sustain and thrive as a business.

The course is being funded by East Hampshire District Council (EHDC), along with the neighbouring local authorities of Havant, Eastleigh, Test Valley, and the New Forest and delivered through a Hampshire-based enterprise called The PopUp Business School, the UK's leading alternative to the traditional way of starting a business.

For more information and to register, visit: <https://events.popupbusinessschool.co.uk/HampshireDecember2020>

Adult Wellbeing



Our Adult Wellbeing Service

Our 6-month recovery service includes:

- Telephone assessments and person-centred recovery planning
- Weekly virtual peer support
- Bespoke workshops and courses every week on Zoom
- 3 monthly recovery plan reviews
- 6 weekly check in calls
- Limited telephone 1-1s - tips and tools to help you access our workshops
- Onward signposting, support and resources

Self-referrals can be made via our website: easthantsmind.org
Please let us know if you do not have internet access or a private space at home to speak on the phone

For general queries please contact 02392 498915
wellbeing@easthantsmind.org

For urgent support, please contact:

- Your GP Surgery
- Our Adult Safe Haven 6-10pm everyday - 0300 303 1560
- Samaritans 24/7 support - 116123
- 999 - for urgent or life-threatening medical attention

www.easthantsmind.org
Registered charity no. 1116301

 **mind** | Havant and East Hants
for better mental health

Alton Lions Quiz



ALTON LIONS CLUB (CIO)
PRESENTS



THE FRIDAY NIGHT FUN QUIZ WITH QUIZMASTER DEAN PHILLIPS



On WEY VALLEY RADIO 101.1FM
& Facebook @weyvalleyradioalton
Friday 20 November 8pm Start

Open to All
FREE to ENTER
bring your own food and drink
No need to book / teams 1 - 100
just tune or link in



No prizes - no winners just for fun
if you enjoy it tell your friends and
please donate to www.altonlions.org.uk
Just click the DONATE button on the home page.

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



MarmART Trail

If you are looking for something a little different as part of your daily exercise in lockdown, why not try our new MarmART Trail. From 24th November the trail should take around 45 minutes to complete and is a great way to get some fresh air in a socially distanced environment. The trail consists of 10 large vinyl window sticker characters placed in shop windows around Alton Town Centre. The trail works by scanning any of the characters QR Codes on a mobile device and then watch the characters come to life on your screen. Younger children will delight in spotting the cute and colourful characters in shop windows and older children (and grown-ups) can engage by learning more about them.

After spotting all 10 characters (1 will be hidden in a secret location), users are rewarded with a free e-book about the characters' adventures.

For more details please visit our website www.marmarttrail.com

