



# TIBBS DEMENTIA FOUNDATION

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Registered Charity No. 1166596 Office: 5 Lansdowne Road, Bedford, MK40 2BY



VER 06: 9/1/2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>COGNITIVE STIMULATION ACTIVITY</b> <b>10.45 – 12.30</b> St Andrew's Church People with early-stage dementia <b>Please contact us to join this group</b>	<b>SWIMMING</b> <b>11.00 – 12.00</b> Kempston Pool Hillgrounds Road, Kempston MK42 8SZ All with dementia &/or their Carers	<b>COGNITIVE STIMULATION (CST)</b> <b>14-week course 10.30 – 12.15</b> Flitwick Library People with early-stage dementia <b>Please contact us to join this course</b>	<b>MUSIC 4 MEMORY</b> <b>10.00 – 11.45</b> Oakley Village Hall Church Lane, Oakley MK43 7RJ All with dementia &/or their Carers	<b>MUSIC 4 MEMORY</b> <b>10.00 – 11.45</b> Queens Park Community Centre 52 Marlborough Road, Bedford MK40 4LF
<b>ENCOMPASS</b> <b>10.45 – 12.30</b> St Andrew's Church Kimbolton Road, Bedford MK40 2NG Carers of people with early-stage dementia	<b>INDOOR BOWLS</b> <b>12.30 – 1.45</b> Kempston Park Indoor Bowls Club 290 Hillgrounds Road, Kempston MK42 8UB  All with dementia &/or their Carers	<b>ENCOMPASS</b> <b>10.30 – 12.15</b> Flitwick Library 15 Coniston Road, Flitwick MK45 1QL Carers of people with early-stage dementia	<b>ENCOMPASS</b> <b>fortnightly 10.00 – 11.45</b> Oakley Village Hall Church Lane, Oakley MK43 7RJ Carers of all people with dementia	<b>1-2-1 COUNSELLING DROP-IN</b> <b>10.00 – 11.45</b> Queens Park Community Centre, 52 Marlborough Road, Bedford MK40 4LF Carer of a person with dementia - free
<b>WALKING FOOTBALL</b> <b>11.30 – 1.00</b> Bedford Athletics Stadium Barkers Lane, Bedford MK41 9SB All with dementia &/or their Carers		<b>SUPPORT 4 MEMORY</b> <b>6-week course 10.45 – 1.15</b> Venue to be confirmed Carers &/or People with early dementia <b>Please contact us to join our next course</b>	<b>ACTIVITEA 1</b> <b>11.00 – 12.45</b> St Andrew's Church Kimbolton Road, Bedford MK40 2NG People with mid-stage dementia & Carers	<b>&amp; ENCOMPASS</b> <b>11.00 – 12.45</b> Wixams, Bedford MK402 6AB
<b>COGNITIVE STIMULATION (CST)</b> <b>14-week course 2.00 – 3.45</b> St Andrew's Church People with early-stage dementia <b>Please contact us to join this course</b>	<b>KEMPSTON DROP-IN</b> <b>2.00-4.00 (including optional)</b>  fortnightly <b>ARMCHAIR YOGA</b> or fortnightly <b>WELLBEING 4 CARERS</b>  Kempston East Methodist Church Hall Foster Road, Kempston MK42 8DA	<b>CLEAR VOICES 1 &amp; 2</b> <b>2.00 – 3.30</b> Dame Alice Court 19 Newnham Street, Bedford MK40 3NR People with early to mid-stage dementia	<b>ALLOTMENT GROUP</b> <b>10.30 – 12.15</b> 149 Mile Road, Bedford MK40 9UP All with dementia &/or their Carers	<b>WALKING GROUP</b> fortnightly 2.15 – 4.00 (Mar – Oct) Bedford Park (meet Pavilion Café All with dementia &/or their Carers
<b>&amp; ENCOMPASS</b> <b>2.30 – 3.34</b> St Andrew's Church Kimbolton Road, Bedford MK40 2NG		<b>MUSIC 4 MEMORY</b> <b>2.30 – 4.00 (small group)</b>  The Pavilion Mill lane, Potton SG192PG  All with dementia &/or their Carers	<b>GET FIT FIRST</b> <b>14.30-15.30</b> University of Bedfordshire, Bedford Campus, Polhill Avenue Bedford MK41 9EA	<b>fortnightly ENCOMPASS</b> <b>2.15 – 3.30</b> St Andrew's Church Kimbolton Road, Bedford MK40 2NG
<b>MUSIC 4 MEMORY</b> <b>2.30 – 4.00</b> Charter House 1b Kimbolton Road, Bedford MK40 2PU		<b>MUSIC 4 MEMORY</b> <b>2.00 – 3.45 (small group)</b> Parish Room, All Saints' Church Westbourne Road, Bedford MK40 4LD All with dementia &/or their Carers	<b>CST + ENCOMPASS Weekly</b> <b>2.30 – 4.00</b> St Andrew's Church People with early-stage dementia	
<b>CHALLENGERS 4 MEMORY</b>	Other one-off physical activities & events	Various Dates, Times & Locations	All with dementia &/or their Carers	
<b>SELF-SUPPORT SOCIAL GROUPS</b>	Meet monthly – contact us for more details	Various Dates, Times & Locations	All with dementia &/or their Carers	
<b>1-2-1 COUNSELLING</b>	Also available as a free drop-in during ActiviTea 2 / Encompass on Fridays, or arranged on request in own home		Carer of a person with dementia	
<b>MOVING FORWARDS</b>	Free course of 8 x 1.5hr (once every 3 weeks) group sessions	10.30 – 12.00 Dame Alice Court	Former Carer of a person with dementia	
<b>MUSIC 4 MEMORY – REFLECTIONS</b>	Course of 8 x 1.5hr weekly group sessions	Various Dates, Times & Locations	People with later-stage dementia	
<b>MUSIC 4 MEMORY - AT HOME</b>	Course of 10 x 1hr weekly sessions in own home	Day/Time/Cost agreed on request	People with dementia with/without	



# OUR SERVICES

No referral or definitive diagnosis of dementia is usually required so please email or call our office for a friendly and informal chat to discuss which group might best suite your needs

Your 1<sup>st</sup> session at each group is FREE so you can find out what suits you – thereafter we just suggest a donation towards costs



<b>SUPPORT 4 MEMORY</b>	A <u>free</u> course of 6 weekly group-sessions to offer information, advice and an opportunity to share experiences and concerns about dementia & memory loss. The course is designed to support people with a relatively recent diagnosis of dementia (or cognitive impairment) and/or their family carers. Topics covered include understanding dementia, support services & forward planning.
<b>SELF-SUPPORT GROUPS</b>	Monthly informal social groups for all people with dementia (or cognitive impairment) and/or their family carers or supporters, to support, have fun & enjoy each other's company in a small group setting with backup assistance from Tibbs Dementia Foundation.
<b>COGNITIVE STIMULATION</b>	Cognitive Stimulation Therapy (CST) is a recommended evidence-based dementia therapy which uses specifically designed stimulating activities and exercises to promote memory and communication skills. Our 14-week courses of structured small-group sessions are suitable for people with early-stage dementia (or cognitive impairment) who have a good level of verbal communication.
<b>CLEAR VOICES</b>	Weekly discussion groups just for people with dementia (or cognitive impairment) which provide an important forum for expression. Through talking about concerns & challenges, sharing viewpoints & reminiscing, members support each other to find a clear voice.
<b>KEMPSTON DROP-IN</b>	A weekly social group for people with dementia to enjoy a relaxing afternoon with or without their carers. Participate in a choice of stimulating, semi-structured activities in a supported, welcoming environment – including games & quizzes, art & craft, table tennis, reminiscence & usually ending with an uplifting sing-along round the piano! Alternate Armchair Yoga or Wellbeing 4 Carers sessions.
<b>ACTIVITEA</b>	Weekly semi-structured activity groups specifically for people with mid or later-stage dementia to participate in a variety of enjoyable, cognitively stimulating activities tailored to the individual, in a highly supported, friendly, understanding environment.
<b>ENCOMPASS</b>	Informative, support & wellbeing groups for carers to explore the practical & emotional impacts of dementia and their caring role.
<b>1-2-1 COUNSELLING</b>	Our qualified counsellors offer carers this <u>free</u> service by drop-in without appointment or by prior arrangement in your own home.
<b>MOVING FORWARDS</b>	A <u>free</u> group-counselling course for former carers of those with dementia (either through bereavement or move to a care home).
<b>MUSIC 4 MEMORY</b>	Music Therapy is an evidence-based dementia therapy to aid memory & communication. Our groups, for all people with dementia (or cognitive impairment) and/or their carers, meet to sing, dance & laugh – with positive, uplifting effects on mind & wellbeing!
<b>MUSIC 4 MEMORY Reflections</b>	A specialist 8-week small-group music therapy course for people with dementia who have lost effective verbal communication skills.
<b>MUSIC 4 MEMORY At Home</b>	Individual music therapy for people with dementia (with or without their carers) who are unable to access other services & support.
<b>CHALLENGERS 4 MEMORY</b>	Regular sessions of a range of fun, sociable, physically stimulating activities, specifically tailored for participation by people with dementia (or cognitive impairment) and/or their family carers. Full supervision / qualified instruction provided. No talent or previous experience required! Other special activities include canoeing, climbing, rowing, sailing, outings & even day trips to the seaside!
<b>GET FIT FIRST</b>	A chance to boost fitness, strength and balance with personal exercise programmes devised by fitness instructors from University of Bedfordshire

