



TIBBS DEMENTIA FOUNDATION

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CST 10 am - 11.15 am Weekly ZOOM	Still Caring 11 am - 12.30 pm Fortnightly FACE to FACE and ZOOM	M4M- Oakley 10 am - 11.45am Weekly FACE to FACE	M4M -Queen's Park 10a m- 11.45 am Weekly FACE to FACE	<h2>Big Sing</h2> <p>11am- 12.30pm Weekly ZOOM</p> 
S4M follow on group 12 pm -1 pm Fortnightly ZOOM	Yoga 12.30 pm - 1.30pm Weekly ZOOM		Allotment 10 am - 11.30am Weekly FACE to FACE	M4M -Wixams 10 am - 11.45 am (Wixam residents only) Weekly FACE to FACE	
Relaxation and Mindfulness 1 pm - 2 pm Weekly ZOOM	Indoor Bowls Kempston 12 pm - 2 pm Weekly FACE to FACE	Art and craft club (occasional short blocks)	Exercise class 11.30 a m-12.30pm Weekly ZOOM	M4M – St Andrew's 2 pm - 3.15 pm Weekly FACE to FACE	
M4M- 2 pm -3.15 pm Weekly ZOOM	Young Onset Group 2 pm- 4 pm Weekly FACE to FACE		Clear VOICES 11.00 am - 12.30pm Weekly Alternating groups	Park walk Mowsbury 2 pm – 4 pm Weekly FACE to FACE	
CST and Encompass- St Andrews 2 pm - 3.30 pm Weekly FACE to FACE	Poetry Club 2.30 pm - 3.30 pm Weekly ZOOM	M4M Potton 2.30 pm - 3.45 pm Weekly FACE to FACE	M4M 3 pm - 4.15 pm Weekly ZOOM		
Current Affairs 3.30 pm - 4.30pm Weekly ZOOM	M4M Charter House ZOOM 1.45- 3.30 pm	Activitea and Encompass St Andrews 2.30 pm - 4 pm Weekly Face to Face	M4M Queen's Park 2.00 pm - 3.45 pm Weekly FACE to FACE		
	Support for Memory 3 pm - 4.15 pm Or 11.30 am- 12.45 pm Or 6.30 pm- 7.45 pm ZOOM		Clear Voices 3.00 pm - 4.00 pm Weekly ZOOM		





OUR SERVICES



No referral or definitive diagnosis of dementia is usually required – we'd love to meet you just email us at contact@tibbsdementia.co.uk and we can arrange an informal chat to discuss the best group, or groups for you to join. For zoom groups we have a suggested donation of £2.50 to attend and for face to face groups we suggest £5.00.

SUPPORT 4 MEMORY	A course over 3 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 diagnoses of dementia (or cognitive impairment) and/or their family carers. Topics covered include understanding dementia, support services and forward planning
COGNITVE STIMULATION	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 small, structured Zoom sessions are suitable for people with early-stage dementia (or cognitive impairment) who have a good level of verbal communication
CLEAR VOICES	Weekly Zoom discussions groups for people with dementia (or cognitive impairment) which provide an important forum for expression. Through talking about concerns and challenges, sharing viewpoints and reminiscing, members support each other to find a clear voice
MUSIC FOR MEMORY	Music Therapy is an evidence-based dementia therapy to aid memory & communication. Our groups facilitated by experienced Music Therapists welcome all people with dementia (or cognitive impairment) and/or their carer's, meeting virtually via Zoom to sing, dance and laugh – with positive, uplifting effects on cognition, and mental wellbeing
CHALLENGES 4 MEMORY	Regular Zoom session of a range of physically stimulating activities, specifically tailored for participation by people with dementia (or cognitive impairment) and/or family carers. Supervised by a qualified instructor. No previous experience required! Challenges 4 Memory Zoom activities include weekly exercise, yoga Relaxation and Mindfulness sessions.
YOUNG ONSET GROUP	A focused group in partnership with ELFT Memory Clinic to support people with a diagnosis of Young Onset Dementia (a diagnosis made under the age 65) and their families. The group meets to share information and peer support and to raise awareness of their specific challenges.
STILL CARING GROUP	A group for those supporting a loved one in residential care and those who have lost a loved one. The group meets fortnightly to share experience and receive emotional support and discuss the many challenges of continuing to care and visit meaningfully during the restrictions of coronavirus. The group also supports those living through bereavement after the death of a loved one in residential care.
CURRENT AFFAIRS	An opportunity to put the world to rights! This welcoming group is suitable for anyone with an interest in the world around them. The group enjoys lively debate as they discuss relevant news items and life experience.
POETRY	A dynamic group for anyone who has an interest in developing their understanding of poetry. Participants are invited to bring and share their favourite poems and enjoy lively and friendly discussion.

