




# TIBBS DEMENTIA FOUNDATION- Bedford Timetable

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Outdoor bowls</b> 11am- 12pm Weekly (summer only) Mowsbury Park	<b>Still Caring and Stepping</b> Stones bereavement group 11am- 12.30pm 2 <sup>nd</sup> Wednesday St Andrew's Church Kimbolton Road	<b>Allotment</b> 10am- 11.30am Weekly Mile Road Allotments 149 Mile Road	<b>Music 4 Memory</b> 10am- 11.45am Weekly Community Centre Marlborough Road Queen's Park	<b>Big Sing</b> 11am- 12.30pm Weekly ZOOM 
	<b>Indoor Bowls</b> 12pm- 2pm Weekly Kempston Indoor Bowls Centre Hillgrounds Road		<b>Music 4 Memory</b> 10am- 11.45am Weekly Oakley Village Hall Oakley		
<b>CST and Encompass</b> 2pm-3.30pm weekly St Andrew's Church Kimbolton Road	<b>Young Onset Group</b> 2pm- 4pm Weekly Various locations	<b>Walking Football</b> 10.30am- 11.30am Weekly John Bunyan Sports Centre Mile Road	<b>New Horizons follow on</b> bereavement group 2pm- 3pm 3 <sup>rd</sup> Thursday St Andrew's Church		
<b>Music 4 Memory</b> 2pm- 3.30pm Weekly Charter House Kimbolton Road (Residents only)	<b>Kempston Drop in</b> 2pm- 4pm Weekly Kempston East Methodist Church Foster Road	<b>Activitea and Encompass</b> 2pm- 3.15pm Weekly St Andrew's Church Kimbolton Road	<b>Exercise Class</b> 2pm- 3pm Weekly University of Bedfordshire Polhill Avenue	<b>Music 4 Memory</b> 2pm- 3.30pm Weekly St Andrew's Church Kimbolton Road	
<b>Art group</b> 2pm- 3.30pm Occasional 6 -week blocks Various locations			<b>Music 4 Memory</b> 2pm- 3.45pm Weekly Parish Room, All Saint's Westbourne Road, Queen's Park	<b>Walking Group</b> 2pm- 3.30pm Weekly Mowsbury Park	





# 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](mailto: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.

<b>SUPPORT 4 MEMORY</b>	A course over 4 weekly 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. Currently delivered through zoom with occasional face to face sessions.
<b>COGNITIVE STIMULATION and ENCOMPASS CARERS GROUP</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 small structured Zoom sessions are suitable for people with early-stage dementia (or cognitive impairment) who have a good level of verbal communication. The carers Encompass group offers opportunities for those supporting a loved one to meet together in a safe space to share experience and information.
<b>ACTIVITEA and ENCOMPASS CARERS GROUP</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. The carers Encompass group offers opportunities for those supporting a loved one to meet together in a safe space to share experience and information.
<b>MUSIC FOR MEMORY</b>  <b>THE BIG SING</b>	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 face to face and virtually via Zoom to sing, dance and laugh – with positive, uplifting effects on cognition, and mental wellbeing A chance for our community to come together from across Bedfordshire to enjoy song, poetry laughter and friendship every Saturday through our zoom platform.
<b>CHALLENGES 4 MEMORY</b>	Regular sessions 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!
<b>YOUNG ONSET GROUP</b>	A focused group 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, peer support and social activities and to raise awareness of their specific challenges.
<b>STILL CARING GROUP</b> <b>Bereavement Group and</b> <b>New Horizons</b>	A group for those supporting a loved one in residential care and those who have lost a loved one. The group meets monthly 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 bereavement group supports those living through loss after the death of a loved one. New Horizons is a group for those starting to look to the future, a social group, but with opportunities to share in a understanding environment.
<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, reminiscence & usually ending with an uplifting sing-along round the piano!
<b>ART AND CRAFT GROUP</b>	Occasional blocks of 6 sessions – a creative opportunity to use a variety of creative mediums in a relaxed and welcoming environment

