



TIBBS DEMENTIA FOUNDATION

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



VER 05- 25/06/2019



The Queen's Award
for Voluntary Service
The MBE for volunteer groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COGNITIVE STIMULATION ACTIVITY 10.45 – 12.30 St Andrew's Church People with early-stage dementia Please contact us to join this group	SWIMMING 11.00 – 12.00 Kempston Pool Hillgrounds Road, Kempston MK42 8SZ All with dementia &/or their Carers	COGNITIVE STIMULATION (CST) 14-week course 10.30 – 12.15 Flitwick Library People with early-stage dementia Please contact us to join this course	MUSIC 4 MEMORY 10.00 – 11.45 Oakley Village Hall Church Lane, Oakley MK43 7RJ All with dementia &/or their Carers	MUSIC 4 MEMORY 10.00 – 11.45 Queens Park Community Centre 52 Marlborough Road, Bedford MK40 4LF
ENCOMPASS 10.45 – 12.30 St Andrew's Church Kimbolton Road, Bedford MK40 2NG Carers of people with early-stage dementia	INDOOR BOWLS 12.30 – 1.45 Kempston Park Indoor Bowls Club 290 Hillgrounds Road, Kempston MK42 8UB	ENCOMPASS 10.30 – 12.15 Flitwick Library 15 Coniston Road, Flitwick MK45 1QL Carers of people with early-stage dementia	ENCOMPASS fortnightly 10.00 – 11.45 Oakley Village Hall Church Lane, Oakley MK43 7RJ Carers of all people with dementia	1-2-1 COUNSELLING DROP-IN 10.00 – 11.45 Queens Park Community Centre, 52 Marlborough Road, Bedford MK40 4LF Carer of a person with dementia - free
WALKING FOOTBALL 11.30 – 1.00 Bedford Athletics Stadium Barkers Lane, Bedford MK41 9SB All with dementia &/or their Carers	All with dementia &/or their Carers	SUPPORT 4 MEMORY 6-week course 10.45 – 1.15 Venue to be confirmed Carers &/or People with early dementia Please contact us to join our next course	ACTIVITEA 1 11.00 – 12.45 St Andrew's Church Kimbolton Road, Bedford MK40 2NG People with mid-stage dementia	WALKING GROUP fortnightly 2.15 – 4.00 (Mar – Oct) Bedford Park (meet Pavilion Café All with dementia &/or their Carers
COGNITIVE STIMULATION (CST) 14-week course 2.00 – 3.45 St Andrew's Church People with early-stage dementia Please contact us to join this course &	KEMPSTON DROP-IN 2.00-4.00 (including optional) fortnightly ARMCHAIR YOGA or fortnightly WELLBEING 4 CARERS	CLEAR VOICES 1 & 2 2.00 – 3.30 Dame Alice Court 19 Newnham Street, Bedford MK40 3NR People with early to mid-stage dementia	ENCOMPASS 11.00 – 12.45 St Andrew's Church Kimbolton Road, Bedford MK40 2NG Carers of people with mid-stage dementia	ACTIVITEA 2 fortnightly 2.15 – 3.30 St Andrew's Church Kimbolton Road, Bedford, MK40 2NG People with later-stage dementia &
ENCOMPASS 2.30 – 3.34 St Andrew's Church Kimbolton Road, Bedford MK40 2NG	Kempston East Methodist Church Hall Foster Road, Kempston MK42 8DA	MUSIC 4 MEMORY 2.30 – 4.00 (small group) Potton Community Centre Brook End, Potton SG19 2QS All with dementia &/or their Carers	ALLOTMENT GROUP 10.30 – 12.15 149 Mile Road, Bedford MK40 9UP	fortnightly ENCOMPASS 2.15 – 3.30 St Andrew's Church Kimbolton Road, Bedford MK40 2NG
MUSIC 4 MEMORY 2.30 – 4.00 Charter House 1b Kimbolton Road, Bedford MK40 2PU			MUSIC 4 MEMORY 2.00 – 3.45 (small group) Parish Room, All Saints' Church Westbourne Road, Bedford MK40 4LD All with dementia &/or their Carers	CST + ENCOMPASS Weekly 2.30 – 4.00 St Andrew's Church People with early-stage dementia
CHALLENGERS 4 MEMORY	Other one-off physical activities & events		Various Dates, Times & Locations	All with dementia &/or their Carers
SELF-SUPPORT SOCIAL GROUPS	Meet monthly – contact us for more details		Various Dates, Times & Locations	All with dementia &/or their Carers
1-2-1 COUNSELLING	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
MOVING FORWARDS	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
MUSIC 4 MEMORY – REFLECTIONS	Course of 8 x 1.5hr weekly group sessions		Various Dates, Times & Locations	People with later-stage dementia
MUSIC 4 MEMORY - AT HOME	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 – just come along – we’d love to meet you!
 Most groups you are able to just turn up however, CST & Support 4 Memory would require pre-booking, please contact our office
 Your 1st session at each group is FREE so you can find out what suits you – thereafter we just suggest a donation towards costs



SUPPORT 4 MEMORY	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.
SELF-SUPPORT GROUPS	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.
COGNITIVE 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 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.
CLEAR VOICES	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.
KEMPSTON DROP-IN	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.
ACTIVITEA	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.
ENCOMPASS	Informative, support & wellbeing groups for carers to explore the practical & emotional impacts of dementia and their caring role.
1-2-1 COUNSELLING	Our qualified counsellors offer carers this <u>free</u> service by drop-in without appointment or by prior arrangement in your own home.
MOVING FORWARDS	A <u>free</u> group-counselling course for former carers of those with dementia (either through bereavement or move to a care home).
MUSIC 4 MEMORY	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!
MUSIC 4 MEMORY Reflections	A specialist 8-week small-group music therapy course for people with dementia who have lost effective verbal communication skills.
MUSIC 4 MEMORY At Home	Individual music therapy for people with dementia (with or without their carers) who are unable to access other services & support.
CHALLENGERS 4 MEMORY	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!

