



BEDFORD TIMETABLE

Tel: 01234 210993 Email: contact@tibbsdementia.co.uk Website: www.tibbsdementia.co.uk

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|---|
| | | | Allotment Weekly 10am- 11.30am Mile Road Allotments, 149 Mile Road | Music 4 Memory Weekly 10am- 11.45am Community Centre, Marlborough Road, Queen's Park | |
| | Outdoor bowls 11am- 12pm Weekly (Summer only) Mowsbury Park | Stepping Stones (bereavement and loss) 2nd Wednesday 11am- 12.30pm St Andrew's Church Kimbolton Road | Music 4 Memory Weekly 10am- 11.45am Oakley Village Hall | Memory Gym 3rd Friday 11am- 12.30pm Renhold Baptist Chapel MK41 0LH | Big Sing Weekly 11am- 12.30pm ZOOM |
| Rare Dementia Hub (in partnership with RDS London) 4th Monday 2pm- 3.30pm Locations vary | Indoor Bowls Weekly 12pm- 2pm Kempston Indoor Bowls Centre, Hillgrounds Road | Still Caring group (for those with a loved one in care) 2nd Wednesday 11am- 12.30pm St Andrew's Church Kimbolton Road | Lewy Body support group 11am- 12.30pm 6 weekly | | |
| CST and CS Activitea and Encompass Weekly 2pm-3.30pm St Andrews Church | Beer and Banter Fortnightly 2pm- 3.30pm Bedford Borough Bowls Club, Goldington Road MK 40 3NF | Walking Football 10.30am- 11.30am Weekly John Bunyan Sports Centre Mile Road | OTAGO- strength and balance Weekly 11.45- 12.45pm Prioory Methodist Church | Music 4 Memory Weekly 1.45pm- 3.30pm St Andrew's Church, Kimbolton Road | |
| Music 4 Memory Weekly 2pm- 4pm Charter House, Kimbolton Road | | Clear Voices Weekly 2pm- 3.15pm St Andrew's Church Kimbolton Road | Exercise Class Weekly 2pm- 3pm University of Bedfordshire | Walking Group Weekly 2pm- 3.30pm Mowsbury Park | |
| Art Classes Weekly 2pm- 3.30pm Holy Cross Church Hall, Goldington Road | Kempston Drop in Weekly 2pm- 4pm Kempston East Methodist Church, Foster Road | Riseley Memory Café 3rd Wednesday 2pm- 3.30pm Riseley Village Hall, MK44 1EG | Music 4 Memory Weekly 2pm- 3.45pm Weekly Parish Room, All Saint's, Westbourne Rd Queen's Park | | |

No referral or diagnosis required – we'd love to meet you!

Email us to arrange an informal chat about which group suits you best.

We ask for a small contribution if affordable to help cover costs.



ZOOM TIMETABLE

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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--------|---|
| | Cognitive Stimulation Therapy Weekly 10.30am- 11.45am | | | | |
| Music 4 Memory Weekly 11am- 12.15pm | | | | | Big Sing Weekly 11am- 12.30pm ZOOM |
| Carers group Fortnightly 12pm- 1pm | Yoga Weekly 12.30pm- 1.30pm | | | | |
| Relaxation weekly 1-2pm | | | | | |
| Support 4 Memory Blocks of 4 weeks Times and days vary | Poetry group Weekly 2.30pm- 3.30pm | | Clear Voices Weekly 3pm- 4pm | | |
| Current Affairs weekly 4pm- 5pm | | Carers Group Monthly 6.30pm- 7.30pm | | | |

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