



CENTRAL BEDFORD TIMETABLE

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Leighton Buzzard CST and carers support group Weekly 10.45am- 12pm St George's Court, St George's Close, Leighton Buzzard		Biggleswade Activity group 2nd and 4th Wednesday 10.30am- 12pm St Andrew's Church, Shortmead Street, Biggleswade	Dunstable Walking Football Weekly 10am- 11am The Dunstable Centre, Court Drive, Dunstable LU5 4JD		
	Ampthill Music 4 Memory Weekly 11.15am- 12.45pm Parkside Community Centre, Ampthill	Flitwick Memory Café 4th Wednesday 2.30pm- 4pm Kings Church, 11 Kings Road Flitwick MK45 1ED			Big Sing 11am- 12.30pm ZOOM
	Barton CS Activitea and carers Encompass group 1st and 3rd Tuesday 2pm- 3.30pm St Nicholas Church, Church Road, Barton Le Clay	Dunstable Activity group 1st and 3rd Wednesday 2pm- 3.15pm St Augustine's Church, Oakwood Avenue, Dunstable			
Silsoe CS Activitea and carers Encompass group 1st and 3rd Monday 2pm- 3.30pm Silsoe Village Hall, High Street, MK45 4DY	Leighton Buzzard Walking group 1st and 3rd Tuesday 2pm- 3.30pm Various locations	Potton Music 4 Memory Weekly 2.15pm- 3.45pm Hall for All, Hutchinson Rise, SG19 2DZ			
Rare Dementia Hub (in partnership with RDS London) 4th Monday 2pm- 3.30pm Locations vary	Leighton Buzzard Activity group 2nd and 4th Tuesday 2pm- 3.30pm Astral Park, Johnson Drive LU7 4AY	Edlesborough Memory Café 2nd Wednesday 2.30pm- 4pm The Pavilion, The Green, LU6 2JF			
	Stotfold Music 4 Memory Weekly 2.15pm- 3.45pm The Salvation Army Hall, 10 Church Road, Stotfold	Toddington Memory Group 2nd Wednesday 2-3.30pm Village Hall, Leighton Road LU5 6AN			

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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