



# CENTRAL BEDS TIMETABLE

Tel: 01234 210993 Email: [contact@tibbsdementia.co.uk](mailto:contact@tibbsdementia.co.uk) Website: [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)

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

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

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