



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 Bedford	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	
		Clear Voices Weekly 2pm- 3.15pm Bedford	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 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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