



TIBBS DEMENTIA FOUNDATION- Bedford Timetable

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

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



January 26

No referral or definitive diagnosis of dementia is usually required – we'd love to meet you just email us and we can arrange an informal chat to discuss the best group, or groups for you to join. We ask for a small contribution to attend our groups if affordable, to help cover our costs.



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





OUR SERVICES



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SUPPORT 4 MEMORY	A course over 4 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 diagnoses of dementia (or cognitive impairment) and/or their family carers. Topics covered include understanding dementia, support services and forward planning. Currently delivered through zoom with occasional face to face sessions.
COGNITIVE STIMULATION and ENCOMPASS CARERS GROUP	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 small structured sessions are suitable for people with early-stage dementia (or cognitive impairment) who have a good level of verbal communication. The carers Encompass group offers opportunities for those supporting a loved one to meet together in a safe space to share experience and information. We also run a zoom CST group.
ACTIVITEA and ENCOMPASS CARERS GROUP	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. The carers Encompass group offers opportunities for those supporting a loved one to meet together in a safe space to share experience and information.
MUSIC FOR MEMORY	Music Therapy is an evidence-based dementia therapy to aid memory & communication. Our groups facilitated by experienced Music Therapists welcome all people with dementia (or cognitive impairment) and/or their carer's, meeting face to face and virtually via Zoom to sing, dance and laugh – with positive, uplifting effects on cognition, and mental wellbeing
THE BIG SING	A chance for our community to come together from across Bedfordshire to enjoy song, poetry laughter and friendship every Saturday on zoom
CHALLENGES 4 MEMORY	Regular sessions of a range of physically stimulating activities, specifically tailored for participation by people with dementia (or cognitive impairment) and/or family carers. Supervised by a qualified instructor. No previous experience required! Includes walking football, indoor bowls and outdoor bowls in the summer, circuit training and a walking group.
YOUNG ONSET GROUP	A focused group to support people with a diagnosis of Young Onset Dementia (a diagnosis made under the age 65) and their families. The group meets to share information, peer support and social activities and to raise awareness of their specific challenges.
RARE DEMENTIA HUB & LEWY BODY	In partnership with Rare Dementia Support UCL we host a monthly hub for families living with a diagnosis of a rare dementia, to meet and share experience and information. We also run a 6 weekly support group for families living with Lewy Body Dementia symptoms.
STILL CARING GROUP Bereavement Group and New Horizons	A group for those supporting a loved one in residential care and those who have lost a loved one. The group meets monthly to share experience and receive emotional support and discuss the many challenges of continuing to care and visit meaningfully during the restrictions of coronavirus. The bereavement group supports those living through loss after the death of a loved one. New Horizons is a group for those starting to look to the future, a social group, but with opportunities to share in a understanding environment.
KEMPSTON DROP IN	A weekly social group for people with dementia to enjoy a relaxing afternoon with or without their carer partner. Participate in a choice of stimulating, semi-structured activities in a supported, welcoming environment – including games & quizzes, art & craft, reminiscence & usually ending with an uplifting sing-along round the piano!
Beer and Banter	A fortnightly social group offering opportunities for men with dementia to meet without their care partner, to relax, chat and play board games together.

