




# TIBBS DEMENTIA FOUNDATION - Central Beds timetable

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Leighton Buzzard CST and carers self support group Weekly 11am- 12pm St George's Court St George's Close Leighton Buzzard</p> <p>-----</p>	<p>Ampthill Music 4 Memory Weekly 11.30am- 1pm Parkside Community Centre Ampthill</p>				<p><b>Big Sing</b></p> <p>11am- 12.30pm Weekly ZOOM</p> 
<p>Flitwick CST and carers Encompass group Fortnightly 2pm- 3.30pm Baycroft 101 Ampthill Road, Fliwick</p>	<p>Barton CS Activitea and carers Encompass group Fortnightly 2pm- 3.30pm St Nicholas Church, Church Road, Barton Le Clay</p>	<p>Dunstable Activity group Fortnightly 2pm- 3pm St Augustine's Church Oakwood Avenue Dunstable</p>	<p>Potton walking group and lunch club Weekly 12.30pm The Boundary Café SG19 2LX</p>		
	<p>Stotfold Music 4 Memory Weekly 2.15pm- 3.45pm The Salvation Army Hall 10 Church Road, Stotfold</p>	<p>Potton Music 4 Memory Weekly 2pm- 3.45pm The Pavilion, Mill Lane, Potton</p>			





# OUR SERVICES



No referral or definitive diagnosis of dementia is usually required – we'd love to meet you just email us at [contact@tibbsdementia.co.uk](mailto:contact@tibbsdementia.co.uk) and we can arrange an informal chat to discuss the best group, or groups for you to join. For zoom groups we have a suggested donation of £2.50 to attend and for face to face groups we suggest £5.00 or whatever is affordable.

<b>SUPPORT 4 MEMORY</b>	A course over 4 weekly group 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.
<b>COGNITIVE STIMULATION and CARERS ENCOMPASS GROUP</b>	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 Zoom 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 facilitated space to share experience and information.
<b>CS ACTIVITEA and ENCOMPASS CARERS GROUP</b>	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.
<b>DUNSTABLE ACTIVITY GROUP</b>	A weekly social group for people with dementia and their family supporter to enjoy a relaxing afternoon together. Participate in a choice of stimulating, activities in a supported, welcoming environment – including games & quizzes, art & craft, reminiscence and a good chat over a cuppa!
<b>MUSIC FOR MEMORY</b>	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.
<b>THE BIG SING</b>	A chance for our community to come together from across Bedfordshire to enjoy song, poetry laughter and friendship every Saturday through our zoom platform.
<b>YOUNG ONSET GROUP</b>	A focused group in partnership with ELFT Memory Clinic to support people with a diagnosis of Young Onset Dementia (a diagnosis made under the age 65) and their families. The group supports people across Bedfordshire although currently meeting in Bedford. The group meets to share information, peer support and social activities and to raise awareness of their specific challenges.
<b>STILL CARING GROUP</b>	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.

