



# TIBBS DEMENTIA FOUNDATION -ZOOM TIMETABLE

Tel: 01234 210993 / 07483 951737 Email: [contact@tibbsdementia.co.uk](mailto:contact@tibbsdementia.co.uk) Website: [www.tibbsdementia.co.uk](http://www.tibbsdementia.co.uk)

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



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Carers group Fortnightly 11.15am- 12.15pm Or 12pm- 1pm	Cognitive Stimulation Therapy Weekly 10am- 11.15am				<b>Big Sing</b>  11am- 12.30pm Weekly  
Music 4 Memory Weekly 11am- 12.15pm					
Relaxation weekly 1-2pm	Yoga Weekly 12.30pm- 1.30pm		Exercise class Weekly 11.30am- 12.30pm		
Support 4 Memory Blocks of 4 weeks 2-4pm	Poetry group Weekly 2.30pm- 3.30pm	Carers group Fortnightly 6.30pm- 7.30pm	Music 4 Memory Weekly 3pm- 4.15pm		
Current Affairs weekly 3.30pm- 4.30pm			Clear Voices Weekly 3pm- 4pm		





# 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.

<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
<b>COGNITIVE STIMULATION</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
<b>CLEAR VOICES</b>	Weekly Zoom discussion group for people with dementia (or cognitive impairment) which provide an important forum for expression. Through talking about concerns and challenges, sharing viewpoints and reminiscing, members support each other to find a clear voice
<b>CARERS GROUP</b>	An opportunity for those with caring responsibilities to join together in a safe and facilitated space to share experience, information and peer support.
<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 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>CHALLENGES 4 MEMORY</b>	Regular Zoom session 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! Challenges 4 Memory Zoom activities include weekly exercise, yoga Relaxation and Mindfulness sessions.
<b>WELLBEING WORKSHOPS</b>	Occasional workshops focusing on aspects of wellbeing, to build greater awareness and understanding of healthy lifestyle choices.
<b>CURRENT AFFAIRS</b>	An opportunity to put the world to rights! This welcoming group is suitable for anyone with an interest in the world around them. The group enjoys lively debate as they discuss relevant news items and life experience.
<b>POETRY</b>	A dynamic group for anyone who has an interest in developing their understanding of poetry. Participants are invited to bring and share their favourite poems and enjoy lively and friendly discussion.

