



TIBBS DEMENTIA FOUNDATION

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M4M with Jeni 11.30am- 12.45pm Weekly	CST with Margaret 10am- 11.15am	Still Caring with Jenny T 11am- 12pm- Fortnightly	M4M- with Jeni 11.30- 12.45pm Weekly	M4M with Jeni 2pm- 3.15pm Weekly	Big Sing with Jeni/ Alison/ Sarah 11am- 12.15pm Weekly 
Support for Memory with Sarah & Margaret-Anne 10.30am- 11.45am (blocks of 3 sessions)	Young Onset Group with Sarah 1pm- 2pm Weekly		Exercise class with Patrizia 11.30am-12.30pm Weekly		
S4M follow on group with Sarah 12pm-1pm Fortnightly	Yoga with Patrizia 12.30pm- 1.30pm		CST with Margaret & John 1.30pm- 2.30pm Weekly Alternating groups		
Relaxation and Mindfulness with Patrizia 1pm- 2pm Weekly	Poetry with Elva 2.30pm Weekly		M4M Potton with Alison 2.30pm- 3.45pm Weekly		
M4M- with Jeni 2pm-3.15pm Weekly	Support for Memory with Sarah & Margaret-Anne 3pm- 4.15pm	Men in Sheds with Hillary 4pm – 5pm Weekly	Tibbs for Tea with Hilary 3.30pm- 4.30pm Weekly	Tibbs for Tea With Hilary 3.30pm- 4.30pm Weekly	
Tibbs for Tea with Hilary 3.30pm- 4.30pm Weekly	Current Affairs with Sarah 3.30pm- 4.30pm Weekly		Tibbs for Tea with Hilary 3.30pm- 4.30pm Weekly	Friday Night Concerts 6.45pm- 8pm	
Current Affairs with Sarah 3.30pm- 4.30pm Weekly			Clear Voices with Margaret-Anne, Patrizia & Dianne 3.00pm- 4.00pm Weekly		

- Walking Groups:** small weekly walking bubbles enabling opportunities for people to meet for a socially distanced relaxed walk in a local park
- Doorstep delivery creative art packs:** For those unable to access other activities and social support. Fortnightly delivery of creative art packs and a valued opportunity for a short doorstep chat.
- Music 4 Memory 1-1:** Limited 1-1 Music therapy zoom session for those who find a group activity to be a challenge.
- Allotment:** Tibbs Community allotment, producing seasonal produce for doorstep distribution
- Newsletter:** Twice weekly electronic newsletter to share information and contributions from across our community



OUR SERVICES



No referral or definitive diagnosis of dementia is usually required – just come along and join our Zoom sessions – we would love to see you!

Most groups you are able just to join in the Zoom sessions, however CST & Support 4 Memory would require pre-discussions, please contact our office and our Client Coordinator will contact you.

Your first Zoom session at each group is FREE so you can find out what suits you- thereafter we just suggest a donation of £2.50 per Zoom session towards costs

SUPPORT 4 MEMORY	A course over 3 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
COGNITIVE STIMULATION	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
CLEAR VOICES	Weekly Zoom discussions groups 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
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 virtually via Zoom to sing, dance and laugh – with positive, uplifting effects on cognition, and mental wellbeing
CHALLENGES 4 MEMORY	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.
YOUNG ONSET GROUP	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 meets to share information and peer support and to raise awareness of their specific challenges.
STILL CARING GROUP	A group for those supporting a loved one in residential care and those who have lost a loved one. The group meets fortnightly 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 group also supports those living through bereavement after the death of a loved one in residential care.
CURRENT AFFAIRS	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.
TIBBS 4 TEA	A relaxed and friendly weekly social group for anyone looking for a good chat over a cup of tea.
MEN IN SHEDS	A weekly group for MEN ONLY. This weekly group is a lively, relaxed, and friendly opportunity for social interaction, interesting discussion, and peer support.
POETRY	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.

