

# Waltham Forest Dementia Hub: March 2020 Timetable

Address: Dementia Hub, 25 Sidmouth Road, Leyton E10 5QZ. Telephone: 0208 558 0647.



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| 2<br>10.30-14.30<br>Intensive Dementia Outreach session                                 | 3<br>10.30 – 11.00<br>Dementia Friendly Walking Group  | 4<br>10.30-14.30 Intensive Dementia Outreach session<br>13.30-15.30 Alzheimer's Society: Cognitive Stimulation session  | 5<br>10.00-11.00 Information Session: the Patient Experience in Hospital<br>10.00-12.00 Wellbeing Art session<br>14.00-16.00 Alzheimer's Society: Singing for the Brain | 6<br>10.30-14.30<br>Intensive Dementia Outreach session<br>13.00-14.00<br>Dementia Gardening session  |
| 9<br>10.30-14.30<br>Intensive Dementia Outreach session                                 | 10<br>10.30 – 11.00<br>Dementia Friendly Walking Group   | 11<br>10.00-13.00 Carers First: drop-in surgery<br>10.30-14.30 Intensive Dementia Outreach session<br>13.30-15.30 Alzheimer's Society: Cognitive Stimulation session  | 12<br>10.00-12.00 Wellbeing Art session<br>14.00-16.00 Alzheimer's Society: Singing for the Brain   | 13<br>10.30-14.30<br>Intensive Dementia Outreach session<br>13.00-14.00<br>Dementia Gardening session |
| 16<br>10.30-14.30<br>Intensive Dementia Outreach session<br>11.00 – 11.45 Music for All | 17<br>10.30 – 11.00<br>Dementia Friendly Walking Group   | 18<br>10.00–12.00 Carers First: Benefits Advice session<br>10.30-14.30 Intensive Dementia Outreach session<br>13.30-15.30 Alzheimer's Society: Cognitive Stimulation session  | 19<br>10.00-12.00 Wellbeing Art session<br>14.00-16.00 Alzheimer's Society: Singing for the Brain   | 20<br>10.30-14.30<br>Intensive Dementia Outreach session<br>13.00-14.00<br>Dementia Gardening session |
| 23<br>10.30-14.30<br>Intensive Dementia Outreach session                                | 24<br>10.30 – 11.00<br>Dementia Friendly Walking Group<br>11.00-12.00 Library Service: Books on Prescription Lending Library | 25<br>10.30–11.30 Alzheimer's Society: Dementia Friends session<br>10.30-12.30 Carers First: Carers Café<br>10.30-14.30 Intensive Dementia Outreach session<br>13.30-15.30 Alzheimer's Society: Cognitive Stimulation session | 26<br>10.00-12.00 Wellbeing Art session<br>14.00-16.00 Alzheimer's Society: Singing for the Brain   | 27<br>10.30-14.30<br>Intensive Dementia Outreach session<br>13.00-14.00<br>Dementia Gardening session |
| 30<br>10.30-14.30<br>Intensive Dementia Outreach session                                | 31<br>10.30 – 11.00<br>Dementia Friendly Walking Group   |   |   |   |

| Session  | Description   | Cost  | How to access   |
|--|---|---|---|
| Alzheimer's Society: Cognitive Stimulation session     | Fun social activities for people living with dementia and carers to help strengthen a person's communication skills, thinking and memory.   | Free  | Just turn up!   |
| Alzheimer's Society: Dementia Friends                  | Opportunity for everyone to learn what it is like to live with dementia and turn that understanding into action by becoming a Dementia Friend.  | Free  | Just turn up!   |
| Alzheimer's Society: Singing for the Brain             | Sessions using singing to bring people living with dementia and carers together in a friendly and stimulating activity.   | Free  | Just turn up!   |
| Carers First: Benefits Advice session                  | Bookable sessions to support carers with accessing benefits.  | Free  | Call 0300 303 1555 for an appointment.  |
| Carers First: Carers Café                              | Drop by for a drink and chat with other carers.   | Free  | Just turn up!   |
| Carers First: Drop-in surgery                          | A first-come-first-served advice session for carers.  | Free  | Just turn up!   |
| Dementia-friendly Walking Group                        | A thirty-minute walk starting and finishing at the Hub, run by the Older Adults Mental Health Service and Sports and Leisure.   | Free.   | Just turn up!   |
| Dementia Gardening session                             | A gardening session for people living with dementia, where people plant and tend to the Hub garden and take part in craft activities.   | Included within the Intensive Dementia Outreach service cost.                 | Currently, this service is only available for people attending the Friday Intensive Dementia Outreach sessions. |
| Music for All  | A session for parents, children, people living with dementia and carers with music provided by Double Bass Dan.   | Parents are asked for a suggested contribution of £5.00 towards the musician. | Any parents with young children can come along.   |
| Intensive Dementia Outreach (IDO) Service              | A service offering activity sessions at the Hub including quizzes, music, art and games. A home visiting service is also available for people unable to attend the sessions.  | Subject to financial assessment.  | This service is for people who have been assessed and referred by Adult Social Care.                            |
| Library Service: Books on Prescription Lending Library | The Library Service will be lending out books from the Books on Prescription reading list, as recommended by clinicians. People can also join the Library Service. We will soon be starting a reading group at this time as well. | Free  | Just turn up!   |
| Wellbeing Art session                                  | An art session to enhance wellbeing using a variety of materials. Run by the Adult Learning Service.  | Free, subject to registration to access funding.                              | Please call the Hub on 0208 558 0647 to book.   |