

Activities for people living with dementia



It is important to keep active after you have been diagnosed.



It will help if you carry on doing the things you usually do.



You can take part in activities which can help people living with dementia.

Cognitive Stimulation Therapy



This course provides activities created to improve your thinking and memory.

It is for people with mild-to-moderate dementia.



Ring the Memory Navigation Service on
0300 111 9090.

Music



Music can help you remember your past. It can make you feel happy. It can help you relax. It can help you connect with your family.



In Bedford & Potton Tibbs Dementia Foundation runs Music4Memory groups.



In Central Bedfordshire Alzheimer's Society runs music-based groups.



Ring the Memory Navigation Service on 0300 111 9090.

Group Support



Meeting other people with dementia can help reduce worry and feelings of loneliness.



It is useful to share tips on how to cope. It can help when others understand how you are feeling.



Meeting people helps to keep you well. It is important for your mental and physical health.



There are groups for people living with dementia and their families in Bedfordshire.

Ring the Memory Navigation Service on 0300 111 9090.

Physical Activities



It is important to keep moving.
This will help you cope better.
It will help your mental and physical health.



Tibbs Dementia Foundation, Alzheimer's Society and Carers in Bedfordshire run activity groups.



This includes walking, swimming, bowling and other activities.



Ring the Memory Navigation Service on
0300 111 9090.

Day Centres



Going to a **Day Centre** will give you a different place to go to.

You can try new activities and make new friends.

It will give the person who is caring for you a break.



Ring your local council for details about Day Centres.



For Bedford Borough Council
ring 01234 276 168.



For Central Bedfordshire Council
ring 0300 300 8303.