




# Dementia Action Week 13<sup>th</sup> - 19<sup>th</sup> May 2024



## Croydon Dementia Action Alliance - Calendar of Events in Croydon

We are excited to let you know about several events and activities that will be taking place during Dementia Action Week. Some are one-off events and others are activities which take place on a regular basis.

**Please find more details overleaf, including how to access or book onto activities and for further information about Dementia Action Week**

Monday 13 <sup>th</sup> May	Tuesday 14 <sup>th</sup> May	Wednesday 15 <sup>th</sup> May	Thursday 16 <sup>th</sup> May	Friday 17 <sup>th</sup> May
<p><b>6:00 pm – 7:00 pm</b> Dementia Friends session – Open to all Croydon organisations (online)</p>  	<p><b>10:30 am – 12:30 pm</b> Memory Tree Café Age UK Croydon</p> <p><b>12:30 pm to 1:30 pm</b> Dementia Friends session – open to all Croydon organisations (online)</p> <p><b>11:00 am – 12:30pm</b> Coffee Morning CNCA</p> <p><b>11:00 am</b> Dementia Friendly cinema screening – “The Miracle Club” David Lean Cinema</p> <p><b>11:00 am – 1:00pm</b> Handling Objects Session Museum of Croydon</p> <p><b>11:00 am – 5:00 pm</b> Exhibition – Rewind This is Croydon’s Music Museum of Croydon</p>	<p><b>10:30 am – 11:30 am</b> Dementia Friends session – Open to all Croydon organisations (online)</p> <p><b>10:00 am – 1:00 pm</b> Dementia Action Week event - for carers, family and friends, care providers from Croydon Council, NHS and voluntary organisations BME Forum</p> <p><b>11:00 am – 2:30 pm</b> KORA and CACFO “Dementia and Me” Event CACFO</p> <p><b>11:00 am – 5:00pm</b> Exhibition – Rewind This is Croydon Music Museum of Croydon</p> <p><b>1:30 pm to 3:30 pm</b> Memory Tree Café Age UK Croydon</p>	<p><b>12:30 pm – 1:30 pm</b> Dementia Friends session – Open to all Croydon organisations (online)</p> <p><b>2:00 pm to 4:00 pm</b> Memory Café Woodside Baptist Church</p> <p><b>1 in 3 people born in the UK today will develop dementia.</b></p> 	<p><b>10:30 am - 11:30 am</b> Dementia Friends session – Open to all Croydon organisations (online)</p> <p><b>10:30 am to 12:00 pm</b> Singing for the Brain Alzheimer’s Society <i>(session is fully booked)</i></p> <p><b>11:00 am – 5:00pm</b> Exhibition – Rewind This is Croydon’s Music Museum of Croydon</p> <p><b>2:00 pm to 4:00 pm</b> “A Place to Be” Community Café St Mark’s Church Purley</p> <p><b>3:00 pm – 5:00 pm</b> Dementia Awareness Garden Party Albany Lodge Nursing Home</p>
				<p><b>Sunday 19<sup>th</sup> May</b></p> <p>Free Dementia -Friendly Wellbeing Walk 2:00 pm – 3:00 pm The Wilderness Garden</p>

## Throughout the Week: Dementia Friends sessions – open to all Croydon Organisations!

Anyone can become a Dementia Friend! Come along to an information session to find out the key things that everyone should know about dementia and the actions that can help - actions can be big or small, it all makes a difference to people affected by dementia in our communities!

During Dementia Action Week, we have a series of online sessions which are open to all local organisations. There is no need to book, just come along - all sessions are the same so you only need to come to one. **The sessions will take place on Microsoft teams or Zoom – please find links below:**

- Monday 13<sup>th</sup> May – 6:00 pm – 7:00 pm [Click here to join meeting](#) (Teams)
- Tuesday 14<sup>th</sup> May – 12:30 pm – 1:30 pm [Click here to join the meeting](#) (Zoom)
- Wednesday 15<sup>th</sup> May – 10:30 am to 11:30 pm [Click here to join the meeting](#) (Zoom)
- Wednesday 15<sup>th</sup> May – 6:00 pm – 7:00 pm [Click here to join the meeting](#) (Teams)
- Thursday 16<sup>th</sup> May – 12:30 pm – 1:30 pm [Click here to join meeting](#) (Teams)
- Friday 17<sup>th</sup> May – 10:30 am – 11:30 am [Click here to join the meeting](#) (Zoom)

Please do forward the details and links to the above sessions to your colleagues, volunteers and other organisations in your networks. If you would like more information, email [fiona.mcleod@alzheimers.org.uk](mailto:fiona.mcleod@alzheimers.org.uk).

## Memory Tree Cafés - Age UK Croydon

Age UK Croydon offer several dementia cafés for those with a diagnosis of dementia and their carers. **As well as the days listed above, they also run sessions every 1<sup>st</sup> and 3<sup>rd</sup> Saturday in the East Croydon Area.**

- Chat and meet new people
- Join activities – singing, music, quizzes, talks
- Access information and advice
- Relax and have fun



For more information about the Memory Tree Cafes run by Age UK Croydon, call 020 8686 0066 or email [memorytreecafe@ageukcroydon.org.uk](mailto:memorytreecafe@ageukcroydon.org.uk).

For information about Age UK Croydon, click [here](#).



## Croydon Neighborhood Care Association (CNCA)

Davidson Lodge, Freemasons Road, Croydon, CR0 6PD

CNCA will be running their regular coffee morning **Tuesday 14<sup>th</sup> 11:00 am – 12:30 pm**. Please call 020 8662 1000 for more information and to book a space.

## Dementia Friendly Cinema Screening – David Lean Cinema

Croydon's David Lean cinema at Croydon Clocktower (Katharine Street, CR9 1ET) is putting on a special dementia-friendly screening of the film “**The Miracle Club**” on Tuesday 14<sup>th</sup> May 2024, at 11:00 am. Bookings can be made at [www.davidleancinema.org.uk](http://www.davidleancinema.org.uk).

These Dementia Friendly screenings aim to make cinema more accessible by providing a fun and inclusive experience to enable people living with dementia, their families, and carers to attend the cinema in a safe and welcoming environment. The lights are left on low, there are no adverts or trailers, and the audience can move around or even sing along to any musical numbers if they would like to.

Admission is £5 on the door for people with dementia (**Carers Free!**).

## Handling Object Session and The Rewind Exhibition - Museum of Croydon



Discover the Museum of Croydon's historical objects and immerse in music from the past.

The Museum of Croydon has created a one-off dementia friendly object handling session to take place in Dementia Action Week!

Explore the museum's collection of handling objects from the past, especially put together for Dementia Action Week.

The Rewind Exhibition includes photography, oral histories and objects from iconic artists spanning the eras - from the eminent Samuel Coleridge Taylor to Captain Sensible of The Damned, from dubstep idols Skream and Benga to international reggae star Desmond Dekker, and from Croydon's much-loved singer the late Kirsty MacColl to ground-breaking rap and hip-hop artist Nadia Rose and many more!

**Tuesday 14<sup>th</sup> May at 11:00 am – 1:00 Pm (Object handling)**

**Tuesday 14<sup>th</sup> May – Saturday 18<sup>th</sup> May at 11:00 am – 5:00 pm (Rewind Exhibition)**

Drop in, no booking needed – Museum of Croydon activity room, Croydon Clocktower, Katharine Street, CR9 1ET.

For more information telephone 020 8726 6000 ex 23602 or email [museum@croydon.gov.uk](mailto:museum@croydon.gov.uk)

## CACFO (Croydon African and Caribbean Organisation)



In association with KORA, CACFO presents “**Dementia and Me**”

A Dementia Awareness session for families, carers and people living with dementia, from African and Caribbean communities.

The event will include presentations from Moise Roche (Leading researcher in Dementia in the black African and Caribbean communities) and the Alzheimer's Society.

**Wednesday 15<sup>th</sup> May**

Spaces need to be booked @ [anika@korald.com](mailto:anika@korald.com)

## BME Forum Event - Cultural Dementia in Collaboration with Dignitate

Wednesday 15<sup>th</sup> May 10:00 am – 1:00 pm

The Event will include:



- Activities and games sponsored by relish
- Talks on dementia prevention and early signs of dementia
- Facilitated conversations on racial disparities in dementia services
- Sharlung Bovell dementia clinical lead for Croydon
- Cultural dementia Lived experience session (Malcolm Gill founder of Dignitate)
- And much more!
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**Booking is required – Please call 020 8680 3635 for more information.**

Register [here](#)



## Singing for the Brain – Alzheimer's Society

This is a regular singing group for meeting new people in a friendly, fun and social environment. Singing can improve your brain activity, wellbeing and mood. You don't need to be a good singer to benefit. There are fun vocal warm-ups and a wide variety of familiar and new songs in a supported environment. The group is hosted by our skilled, compassionate and experienced group leaders. This group is delivered through face-to-face sessions or online. This very popular session is currently fully booked. **To find out more please contact [croydon@alzheimers.org.uk](mailto:croydon@alzheimers.org.uk) or 020 8653 2818.**

**Tuesday 14<sup>th</sup> May 11:00 am to 11:30 am. Members of the Croydon Singing for the Brain group will be singing songs at Morrison's, Purley Way, and fundraising for Alzheimer's Society. Why not go along and support them!**

## Home Instead in association with the British Gymnastics Association

Love to move and Time to Chat

Seated exercise session. Time to chat after sessions. Light refreshments provided.

Wednesday 15<sup>th</sup> 11:30 am – 1:00 pm (Occurs every Wednesday)

Contact: [krisna.patel@homeinsteadcroydon.co.uk](mailto:krisna.patel@homeinsteadcroydon.co.uk) or 07816 352 752 for more information.



## Memory Café – Woodside Baptist Church

This is an opportunity for those living with dementia and their carers to talk, share stories and get to know each other over drinks and snacks. During the afternoon, there will be a session of Singing for the Brain, which brings together people affected by dementia to sing a variety of songs they know and love in a fun and friendly environment. Cost: £1 per person. No need to book, just come along.

**The Memory Café takes place every Thursday (during school term time), from 2:00 pm to 4:00 pm, 27 Spring Ln, London SE25 4SP.**

For more information, email [stevecalder@hotmail.com](mailto:stevecalder@hotmail.com)

## A Place to Be Community Café located at St Mark's Church, Purley

This is a friendly community café for people living with dementia and their carers.

The café takes place every Friday from 2:00 pm to 4:00 pm at St Mark's church, Church Road, Purley, Surrey, CR8 3QQ.

For more information, e-mail: [Placetobestmarks@gmail.co.uk](mailto:Placetobestmarks@gmail.co.uk)

## Albany Lodge Nursing Home – 201 St Jame's Road, Croydon

Will be holding a “Dementia Friendly Garden Party” on **Friday 17<sup>th</sup> May 3:00 pm – 5:00 pm**

**The Civic Mayor and Mayoress will be in attendance.**

This event is open to the community.

Light refreshments will be served.

Please email [albany.lifestyles@futurecaregroup.com](mailto:albany.lifestyles@futurecaregroup.com) or call 0208 684 4994 for more information and to confirm your attendance.



Albany Lodge Nursing Home  
Your Future Matters



## Free Dementia Friendly Wellbeing Walk

Sunday 19<sup>th</sup> May 2:00pm – 3:00pm

The Wilderness Garden (Behind MHA Hall Grange)

17, Shirley Church Road, Croydon, CR9, 5AL

Sign up at <https://linktr.ee/parkbathe> or call 07738347281



parkbathe  
Walk, absorb and de-stress

## **Dementia Action Week 2024 Theme is: Why diagnosis is so important**

Dementia Action Week is Alzheimer's Society's biggest and longest running awareness campaign. Each year, individuals and organisations across the UK come together to encourage people to "act on dementia".

A dementia diagnosis is vital. Vital to give people access to the care, treatment and support they need.

Getting a diagnosis can be daunting, but Alzheimer's Society believes it's better to know. And so do 91% of people affected by dementia.

This Dementia Action Week, we want to increase awareness that dementia is not a natural part of ageing and encourage timely diagnosis.

Alzheimer's Society have lots of useful information [around memory loss and diagnosis](#). Our [signs and symptoms checklist](#) can also help people when having the conversation with their GP. You may also find it useful to read [first hand stories](#).

It's important that those who are concerned, that they or someone close to them might be experiencing signs of dementia continue to come to us for guidance and support.

## **Dementia Action Week – FREE Resources**

You can access free resources for Dementia Action Week by downloading and sharing our posters, flyers, backgrounds and banners. These can be found [here](#).

- Dementia Friendly Publications guidance – to view the guidance, click [here](#)
- 5 Minute Video - [This is our dementia - Seven dementia stories](#)
- Resources in other languages - [Download here](#)