



Dementia Action Week 20th to 26th May 2019



**Inclusive, accessible events and information for
those with dementia, their family and carers**





Welcome to Dementia Action Week 2019!

This brochure brings together a wide range of opportunities specifically for people living with dementia, their carers and families to take part in and enjoy.

This is the first time the Age Friendly Island Team have organised a brochure to cover Dementia Action Week, and it is in response to comments made on how people can identify suitable activities which are accessible to those living with dementia and their carers.

Throughout the week there will be opportunities to ask questions, to sing, to stroke a horse or to have a cup of tea with friends; the choice is yours.

We hope you enjoy the week and we would be interested to hear your comments about the brochure and events. Please contact Helen on 525282 or email helen.lewis@ageukiw.org.uk.

Best wishes,

Emma, Laurie, Lisa and Helen

Age Friendly Island Team



All events were correct at the time of printing. Please check with individual event organisers if you have any queries, thank you.

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Thursday 16th May 2019

Steam Up for Dementia with Nature Therapy CIC

Where: Isle of Wight Steam Railway, Havenstreet, PO33 4DS

Time: 11am to 3pm

Cost: £10 (+ booking fee) per person and one carer goes free

Book: www.bit.ly/Steamupfordementia | Call 740623

Come and join us to raise awareness of dementia during Dementia Action Week at the Isle of Wight Steam Railway. The Steam Railway are kindly supporting dementia awareness with an amazing and unique offer for people with dementia and their carers.

Take a trip on a beautiful steam engine, enjoy lunch at the cafe, take a woodland walk, find out about activities you can do as a family, visit the steam museum and talk with people who are on hand to help you with your queries about dementia care.

Find out what is on offer from other organisations supporting those with dementia across the Island. Booking is limited and essential. The steam train leaves promptly at 11.51am.

Monday 20th May 2019

Carers Film Club with Linda

Where: Carers IW, Riverside, The Quay, Newport, PO30 2QR

Time: 2pm to 4pm

Cost: Free but donations are welcome

Carers choose their own DVD, bring it along and enjoy the film with other carers. Our friendly Carers IW team will be able to book you in or talk you through the activity, just give them a call on 533173.



Dementia Friends Information Session

Where: Independent Arts, Suite 3, 30 Quay Street, Newport, PO30 5BA

Time: 2pm start

Cost: Free - but places must be booked with Hannah on 822437

Information Sessions are run by Dementia Friends Champions to help you understand what it's like to live with dementia, the support available and the actions you can take.

Newport Active Minds Social Club Open Morning

Where: Newport Congregational Church, Pyle Street, Newport, PO30 1UH

Time: 10.30am to 12pm

Cost: Free

Active Minds Social Groups are friendly, welcoming and informal, and are open to anyone who would like to keep their mind active. Activities are varied and interesting, and will challenge members through reminiscence, puzzles, music, games, gentle exercise and quizzes. To find out more call Jo Worsfold on 525282.

Pitch Up at Ventnor Winter Gardens

Where: Ventnor Winter Gardens, Pier Street, Ventnor, PO38 1SZ

Time: 2pm to 4pm

Cost: Free



All welcome, friendly group, chat, group quiz, raffle in the bar / cafe area. Regularly meets on last Monday monthly, except bank holidays. To find out more call Nina, Community Navigator, on 07736 151630.

SingAbout in Freshwater with Independent Arts

Where: Memorial Hall, Avenue Road, Freshwater PO40 9UU

Time: 10.15am to 12.15pm

Cost: Free

Everyone welcome! SingAbout is a social singing activity based on recognised music therapy. It's great fun and an opportunity to get out and meet people. Refreshments are provided.

Singing has been shown to help manage various long-term conditions including dementia, cancer, respiratory and coronary illnesses as well as providing a boost to combat depression and other mental illnesses. SingAbout makes you feel good! To find out more call Independent Arts on 822437.



Tuesday 21st May 2019

Younger Carers Support Group

Where: Carers IW, Riverside, The Quay, Newport, PO30 2QR

Time: 5.30pm to 7.30pm

Cost: Free but donations are welcome

Are you a Younger Carer aged 18+ who would like to meet others just like you? Then look no further, we have arranged a monthly get together in the early evening for something to eat and drink with a few laughs along the way. Booking advised, any of the friendly Carers IW team will be able to book you in or talk you through the activity on 533173.

Lake Active Minds Social Club Open Morning

Where: Lake Lions Club, New Road, Lake, PO36 9LA

Time: 10.30am to 12pm

Cost: Free

Active Minds Social Groups are friendly, welcoming and informal, and are open to anyone who would like to keep their mind active. Activities are varied and interesting, and will challenge members through reminiscence, puzzles, music, games, gentle exercise and quizzes. To find out more call Jo Worsfold on 525282.

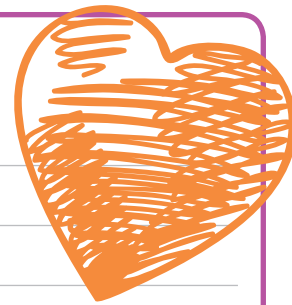


ACE 7 Café

Where: The Riverside Centre, The Quay, Newport, PO30 2QR

Time: 10.30am to 12.30pm

Cost: Free



ACE7 provides a meeting place for people, between the ages of 40-65 years who have Early-Onset Dementia (EOD) and importantly also for their carers. The aim is to provide café users with helpful information, social opportunities, education and activities.

The focus of this session is seated exercise with Zara Groves from Independent Arts. For more information, or to arrange free transport, please call Alzheimer Café on 220200 and leave a message.

Exploration of Watercolours with Magpie Arts

Where: Age UKIW, 147 High Street, Newport, PO30 1TY

Time: 2pm to 4pm

Cost: £6 which includes all materials

Basic watercolour techniques for beginners. For more details please contact Maggie Boyce on 07885 500637 or email: maggie@magpiearts.co.uk.



Craft with Tracy

Where: Carers IW, Riverside, The Quay, Newport, PO30 2QR

Time: 11am to 1.30pm

Cost: Free but donations are welcome

Free fun craft with Tracy. Booking advised, any of the friendly Carers IW team will be able to book you in or talk you through the activity on 533173.

Wednesday 22nd May 2019



Timeout Café

Where: St John's Church Hall, High Park Road, Ryde, PO33 1BX

Time: 1pm to 3pm

Cost: Free but donations are welcome

Feeling lonely or bored, just need to get out? Or do you help look after your partner, friend or neighbour? Then why not come along, with or without them, to enjoy our soup, fun and friendship.

Soup and a roll at 1pm followed by a fun activity e.g. craft, a quiz, games - come along and give us some ideas of what you would like to happen. Everyone is welcome. There is no charge - but if you would like to contribute to costs a donation is welcome. To find out more call Sue on 564433.



Pitch Up at The Pub in Gurnard

Where: The Portland Inn, Worsley Road, Gurnard, PO31 8JN

Time: 10.30am to 12pm

Cost: £3.50 which includes a drink and cake

Open to all for coffee, cake, chat and informal table top quiz activities. This friendly group meets on the first Wednesday of every month. To find out more call Rachael, Community Navigator, on 07840 053827.

The Bay Alzheimer's Café

Where: The Broadway Centre, 1 Broadway, Sandown, PO36 9GG

Time: 2pm to 4pm

Cost: Free but donations are welcome

The Bay Café is a place where people with dementia, their families and friends can share their feelings, discuss problems, receive support and guidance, and informal education and information.

We also serve an afternoon tea – there is no charge to attend an Alzheimer Café, but donations are welcome – please look for the orange collection tin. The focus this session is: ‘Stress: Why does it sneak up on you?’ There is no need to book, you can just turn up. For more information, or to arrange free transport, please call Alzheimer Café on 220200 and leave a message.

Craft Knit and Natter

Where: Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Cost: £2 per person

You can bring your own project or join in with some of ours. We make items to sell and all the profits go back into the group. It's lovely and friendly and on the number 5 bus route. To find out more call Jane on 296592.



All About You Day

Where: Carers IW, Riverside, Newport, PO30 2QR

Time: 10am to 3pm

Cost: Free but donations are welcome

Makeup, colour matching, lunch, Linda's Indian head massage and more. MUST BE PREBOOKED - any of the friendly Carers IW team will be able to book you in or talk you through the day's activities on 533173.

Thursday 23rd May 2019

Age Friendly Island Public Forum

Where: West Wight Sports Centre,
Freshwater, PO40 9XH

Time: Tea and coffee from 10am.
Forum starts at 10.30am

Cost: Free



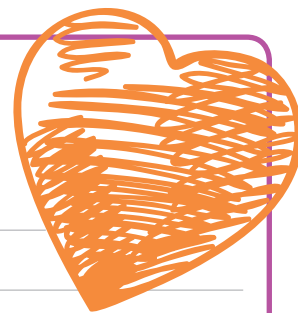
Open to all. An opportunity for people to have their say around issues affecting the lives of people over the age of 50. To find out more, call the Age Friendly Island team on 525282.

Carers IW Open House

Where: Carers IW, Riverside, The Quay, Newport,
PO30 2QR

Time: 1.30pm to 3.30pm

Cost: Free but donations are welcome



Open house for carers and cared for. Join us for coffee, cake and a chat. For more information, any of the friendly Carers IW team will be able to help on 533173.

Older Persons Youth Group

Where: Parkside Pavilion, Vectis
Rd, East Cowes, PO32 6HN

Time: 10.30am to 12.30pm

Cost: £2 per person and £1 for
optional bacon sandwich

We play a variety of games such as cards, dominoes, darts and some funny ones such as seeing how many penguins we can float on an iceberg! It's a lovely friendly group. To find out more call Jane on 296592.



Ryde Active Minds Social Club Open Morning

Where: The United Reformed Church, Upton Road, PO33 3HP

Time: 10.30am to 12pm

Cost: Free

Active Minds Social Groups are friendly, welcoming and informal, and are open to anyone who would like to keep their mind active. Activities are varied and interesting, and will challenge members through reminiscence, puzzles, music, games, gentle exercise and quizzes. To find out more call Jo Worsfold on 525282.

Friday 24th May 2019



SingAbout in Ventnor with Independent Arts

Where: Ward House, 21-23 Alpine Road, Ventnor, PO38 1BT

Time: 10.30am to 12.00pm

Cost: Free

SingAbout is a social singing activity based on recognised music therapy. It can help to improve your memory, breathing, speech, movement and confidence. It's great fun and an opportunity to get out and meet people. Refreshments are provided. Everyone welcome. To find out more call Independent Arts on 822437.

Never Too Old Session with Bodster Equine Therapy

Where: Sandford Farm, Gore Lane, Shanklin Road, Godshill, PO38 3EX

Time: 10am to 12.00pm

Cost: Free - but places must be booked with Jo or Giles on 07887 876138



A relaxed, gentle session that includes time with our ponies, coffee, socialising and a chat. There's no riding involved, and you do not need to have had any experience with horses before. Free for those with dementia and their carers.

Friday 24th May 2019



Tea and Coffee Morning with Cowes Library and Alzheimer Café

Where: Cowes Library, Beckford Road, Cowes, PO31 7SG

Time: 10am to 12pm

Cost: Free but donations are welcome

Cowes Library, in conjunction with Cowes Alzheimer Café, are hosting an informal tea and coffee morning. Come along to chat and relax and participate in playing cards and board games or colouring for adults.

All games and colouring materials will be provided. Cakes will be provided by the Supporters of Cowes Library. To find out more call Joyce on 293341.



Regular support events and groups

Alzheimer's Society Friendship Group

Where: Wootton Bridge Community Centre, Brannon Way, Wootton Bridge, PO33 4NW

When: Held on the 3rd Wednesday of the month 10.30am to 12.30pm

Cost: Free

An informal activity group to give you, or someone you know who is affected by dementia, the opportunity to take part in a variety of activities which focus on socialising and getting to know the others in the group. To find out more call Lucie on 07718 250738.

Elephant Club

Where: Garden Room, All Saints Church, Tuttons Hill, Gurnard, PO31 8JA

When: Held on the 3rd Thursday of the month 2pm to 4pm

Cost: Free. Family, friends and carers are welcome to stay

Melody and memory stimulation for those with dementia, held in a relaxed and informal setting. To find out more call Mandy on 291185 or Cheryl on 07736 548480.

Alzheimer's Society Dementia Support Drop-in

Where: Lord Louis Library, Orchard Street, Newport, PO30 1LL

When: Held on the 1st Tuesday of the month - 10am to 1pm

Cost: Free

Information drop-in for people with any type of dementia, their carers or families. Free information, advice and signposting to local services and support. To find out more call Lucie on 07718 250738.



Regular support events and groups

Churches Together in Cowes Circle Dancing

Where: St Andrew's Hall, St Andrew's Street, Cowes, PO31 7DF

When: Held on the 1st Thursday of the month - 2.15pm to 3.45pm

Cost: Free. Free parking and refreshments

Circle Dancing is a group activity, developed by Dementia Pathfinders. The sessions are free, fun and gentle. They are aimed at helping participants gain physical and mental confidence. No need for special clothing or equipment, just a willingness to give it a go! To find out more call Mandy on 07812 131359.

Memory Lane Reminiscence Group

Where: The Annexe, Christ Church, Totland Bay, PO39 0ES

When: Held on the 1st Wednesday of each month - 2pm to 4pm

Cost: Free

Do you remember yester-year more clearly than yesterday? Join us for a trip down Memory Lane with our reminiscence group.

Music, quizzes, reminiscence, refreshments and chat. To find out more call Anne on 754803.



Creating Memories - Dementia Daycare

Where: Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN

When: Every Thursday - 10am to 2pm

Cost: £20 per session

These sessions are designed for those with dementia, and for their carers to have some valuable respite time. Activities include games, adult colouring, singing, gentle exercise, quizzes, information and discussion topics. To find out more call Jane on 296592.



Useful organisations and contacts

There is a lot of local support available for those with dementia, their families and carers. As well as the event organisers and hosts featured in this brochure, below are some organisations and useful links for extra support.

You can find more details on local services, groups and events by visiting www.islefindit.org.uk.

Age Friendly Island

Call: 525282
Email: hello@agefriendlyisland.org
Visit: www.agefriendlyisland.org



The Age Friendly Island programme is an Ageing Better partnership funded by The National Lottery Community Fund. The partnership has a host of projects that offer support, information and social opportunities for those with dementia, as well as their family and carers.

Age UK Isle of Wight

Call: 525282
Email: info@ageukiw.org.uk
Visit: www.ageukiw.org.uk



From information and advice to Active Minds Social Clubs and Living Well Support Workers, Age UK Isle of Wight delivers personalised and co-ordinated services to help you live well independently. They work with partner organisations to support people to improve their quality of life, whatever the situation.

Alzheimer's Society

Call: 023 9289 2035
Email: IOWDementiaSupportS@alzheimers.org.uk
Visit: www.alzheimers.org.uk



Local Dementia Support Workers offer information and practical guidance to help people understand dementia, cope with day-to-day challenges, and preparing for the future. They offer support at information drop-ins, friendship groups, over the phone, by email, or in writing.

Useful organisations and contacts

Alzheimer Café Isle of Wight

Call: 220200
Email: info@alzheimercafeiw.org.uk
Visit: www.alzheimercafeiw.org.uk



The Alzheimer Café host 7 monthly cafés across the Island. They offer a friendly and relaxed atmosphere and provide families and professionals with the opportunity to share their feelings, discuss problems, give and receive support, guidance, informal education and information.

Carers IW

Call: 533173
Email: info@carersiw.org.uk
Visit: www.carersiw.org.uk



Carers IW offer a range of services and support to unpaid adult carers of adults. They provide information, support and advocacy to ensure carers receive the right support and information at the right time, enabling them to carry on looking after their relatives, friends and neighbours.

Isle of Wight Dementia Pathfinders

Call: 0845 257 2250
Email: info@dementiopathfinders.org
Visit: www.dementiopathfinders.org



Isle of Wight Dementia Pathfinders support carers, relatives and friends of people living with dementia. They deliver education and learning for people working in the dementia care field, and provide therapeutic care and support for people with dementia and their families.

Age Friendly Island is part of Ageing Better, a programme set up by The National Lottery Community Fund, the largest funder of community activity in the UK. Ageing Better aims to develop creative ways for people aged over 50 to be actively involved in their local communities, helping to combat social isolation and loneliness.

