

Dementia Inclusive Activities

For **Dementia Friendly Communities Richmond** email dementiafriendly@ageukrichmond.org.uk or call 0208 744 1965
Please email mt.keegan@ageukrichmond.org.uk to add any activities.

Research shows that social interaction can slow down the progress of dementia and helps overall wellbeing. Please be assured that all of the activities listed welcome people living with dementia and promote long term connections and support.

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| Richmond Music Trust's Singing Together: Experience the joy of singing with others Singing Together is an inclusive online community group for older people. We explore a variety of uplifting songs with the aim of making you feel good, whilst creating a sense of community. If you'd like the chance to meet others, want to try something new that's great for your mental health, or just love singing, then join us, from the comfort of your own home. Everyone is welcome, the sessions are free of charge, and no experience is needed. This group is dementia friendly and carers are welcome to attend. | When: Sessions take place every Friday at 10.30-11.30am via zoom Where: online Contact: Visit Richmond Music Trust Website to register (https://www.richmondmusictrust.org.uk/site/music-therapy/services/singingtogether/ Or call 0208 538 3866. |
| Tea & Memories A memory cafe for people living with dementia and their carers offering activities, refreshments and the chance to relax and socialise in a safe and comfortable environment. | When: 1 st Friday of the month 11am -12.30pm Where: Hampton Methodist Church, Percy Road, Hampton, TW12 2JT Contact: tea@hamptonmissionpartnership.org.uk |
| Singing for the Brain with Carl Speck | When: Wednesday mornings at 11am. Where: Elleray Hall, Elleray Road, Teddington, TW11 0HG When: 2nd and 4th Friday of the month 2 - 3pm Where: Greenwood Community Centre, Hampton Hill, TW12 1QL Contact: richmond@homeinstead.co.uk or ring 0203 879 7877 |

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| <p>Forget-Me-Not lunch</p> <p>A friendly lunch for people living with dementia and their carers, hosted by Age UK Richmond. Pay for your meal on the day but choose ahead of time. Book your places with wellbeing services in advance.</p> | <p>When: On the second Wednesday of the month (12.30pm -2pm).</p> <p>Where: Squires Garden Centre, Sixth Cross Road, Twickenham.</p> <p>Contact: wellbeing@ageukrichmond.org.uk or ring 0208 744 1965</p> |
| <p>Strawberry Hill House Feel Good Garden</p> <p>Gardening and wellbeing activities for people living with dementia and their carers.</p> | <p>When: Once a month on a Thursday afternoons (1pm -3pm). Ring for more details.</p> <p>Where: Strawberry Hill House, 268 Waldegrave Road, Twickenham, TW1 4ST</p> <p>Contact: claire.leighton@strawberryhillhouse.org.uk or ring 0208 744 1241</p> |
| <p>Hampton Court Sensory Palaces</p> <p>A wellbeing programme for people living with dementia and their companions – either in person at the historical sites or online via Zoom.</p> | <p>When: Ring for more details and dates.</p> <p>Where: Hampton Court Palace/Kew Palace or via Zoom.</p> <p>Contact: sarah.fairbairn@hrp.org.uk or ring 07824 563 508</p> |
| <p>Retro Club</p> <p>‘The Retros’ are run by FiSH for people living with dementia and also carers. They provide tea and conversation in good company.</p> | <p>When and Where: Twice monthly at St Michaels & All Angels Community Church Hall in Barnes and twice monthly at Christchurch Community Hall in East Sheen</p> <p>Contact: liz@fishhelp.org.uk 020 8878 8100</p> |
| <p>Singing for the Brain</p> <p>FiSH run this group for people affected by dementia. You will be able to sing and have fun in a relaxed environment.</p> | <p>Where: Barnes Green Centre</p> <p>When: Thursday afternoons 1.30pm – 2.30pm</p> <p>Contact: liz@fishhelp.org.uk or ring 020 8878 8100</p> |
| <p>Picassos in the Park for Dementia</p> <p>FiSH’s Art workshops are delivered in association with Picassos in the Park for Dementia. A chance to be creative together.</p> | <p>Where: Barnes Green Centre</p> <p>When: Tuesday afternoons 1.30pm – 3pm</p> <p>Contact: liz@fishhelp.org.uk 020 8878 8100</p> |

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| <p>Dance for Health</p> <p>Dance and movement for people living with Parkinson's, Dementia, MS and other mobility issues.</p> | <p>Where: Richmond and Putney Unitarian Church, Ormond Rd, TW10 6TH</p> <p>When: Wednesday 11am - 12pm</p> <p>Contact: Adrienn on 07949 564937</p> |
| <p>Accessible and Wellbeing Walks</p> <p>Open to all and suitable for wheelchairs and those with walking aids.</p> <p>Friendly Parks for All works to make local parks dementia friendly. Parks in the scheme are Barnes Green, Ham Village Green, Heathfield Recreation Ground, Kneller Gardens Carlisle Park and Cambridge Gardens.</p> | <p>Monthly Accessible Walk</p> <p>When: 1st Thursday of month 12.45pm for 1.00pm to 3pm</p> <p>Where: Twickenham Rough - Kneller Gardens & return with a social break in Kneller Gdns</p> <p>Contact: For full details and to discuss support requirements visit https://www.richmond.gov.uk/friendly_parks_for_all OR email parks@richmond.gov.uk or garywilliams@ruils.co.uk</p> <p>Monthly Wellbeing Walk</p> <p>When: 3rd Friday of month 10.30am - 12.30pm</p> <p>Where: Parks in the borough</p> <p>Contact: For full details visit https://www.richmond.gov.uk/friendly_parks_for_all OR email parks@richmond.gov.uk</p> <p>Dementia inclusive litter picks 2 times a month in Twickenham and Barnes (all equipment and training provided)</p> <p>When: 10am</p> <p>Where: 2nd Thursday month Kneller Garden, Twickenham 4th Thursday of month Barnes Green, Barnes</p> <p>Contact: parks@richmond.gov.uk or ring Frances Bennett 0208 401 6837</p> |
| <p>Kew Gardens Dementia-Friendly Health Walks</p> | <p>When: 11am for an hour. 2nd Wednesday of the Month (not in May)</p> <p>Where: Victoria Gate, Kew Gardens.</p> <p>Contact: discovery@kew.org M: 07341 114533. Advanced booking required</p> |
| <p>Football Themed Dementia Sessions by Hampton Rangers.</p> | <p>When: Contact the club for more details.</p> <p>Where: Hampton Rangers Training Ground, Oldfield Road, Hampton, TW12 2HT</p> |

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| Free one hour session supported by Middlesex FA and Forget-me-not FC, including light ball exercisers, music/quiz, tea/coffee and biscuits. | Contact: Mel Ronayne, m_ronayne@hotmail.co.uk or call 07875978239. |
| The Caring Café Run by Crossroads Care. This relaxed space offers a safe, supporting and confidential environment to meet other Carers who are in a similar situation. It is also an opportunity to attend a Carers Support Group and receive information and advice from Crossroads Care, partners/relatives/friends with dementia also welcome. | When: 1 st and 3 rd Saturday of the month from midday Where: Mortlake Library, East Sheen Lane Day Centre, SW14 8LP Contact: Email info@crossroadscarersk.org.uk or ring 0208 943 9421 |
| Memory Café in Teddington A warm welcome awaits. There might be a quiz, game or a sing along too. *There is also a Community Café at the same location every Monday (1.30pm - 4.30pm) where company, chat and refreshments are on offer. | When: First and third Tuesdays* from 1.30pm -3.00pm. Where: St Peter and Paul Centre, Church Rd, TW11 8PS. Contact: If you'd like more information: enquiries@teddingtonparish.org . Or just pop in. |
| Alzheimer's Society Peer Support Group A peer support group to meet with others who understand some of what you are going through. Run by a facilitator, these sessions offer a chance for people affected by dementia to ask questions, get information and share experiences in a safe and supportive environment. | When: Every Thursday afternoon (2.30pm - 4pm for older group, 2pm for young onset). Where: Twickenham Wellbeing Centre, TW1 3NH Contact: Richmondservices@alzheimers.org.uk or call 07563 554149. |

For those interested in online connections:

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| Chair Yoga - to stretch, breathe, relax and have fun | When: Tuesdays 10am - 11am or live via zoom or recordings available Where: Greenwood Community Centre, School Road, Hampton Hill, TW12 1QL or online Contact: email sarah@sarahgreenall.com or phone 07952 931 383 Website: www.sarahgreenall.com (for details, info and videos) |
| Singing Together with Richmond Music Trust Experience the joy of singing with others. Singing Together is an inclusive online community group for older people. You'll sing a variety of songs that aim to make you feel good, whilst creating a sense of community. Join from the comfort of your home. This group is dementia friendly and carers are welcome to attend. Sessions are free of charge and no experience is needed. | When: Sessions take place every Friday at 10.30am -11.30am Where: Online via Zoom Contact: Click on this link to apply Singing Together - Richmond Music Trust or call Richmond Music Trust on 020 8744 8097. www.richmondmusictrust.org.uk |

Outside of Richmond Borough though still close by:

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| Dementia Station In association with Age UK Hounslow, Visiting Angels welcome those affected by dementia, their loved ones and those with memory impairments. This will be a weekly social event where people can socialise, drink tea and enjoy a rotating schedule of relevant activities including – Singing for the Brain, Ba Duan Jin (Qigong) gentle movement exercises, dementia friendly games, arts and crafts, reminiscences and relevant talks. Free activity with an invitation to stay on for lunch (at cost) 12-1pm. | When: Every Tuesday at 11am. Where: Age Hounslow, Southville Community Centre in Feltham. Contact: Leah on 0203 143 5056 or Hansa at Age UK Hounslow on 0208 560 6969. |
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| <p>Memory Café - Hosted by Visiting Angels</p> <p>Welcoming those affected by dementia, their loved ones and those with memory impairments. These are safe and comfortable spaces where caregivers and their loved ones can socialise, drink tea, listen to music, play games, and enjoy other appropriate activities.</p> | <p>When: Memory Café – Hounslow (Third Monday) at 11am-1pm Where: Frogley House, Estridge Close, Hounslow, TW3 3RE When: Memory Café – Feltham (Third Friday) at 11am-1pm Where: Edward Pauling House, 1 Westmacott Drive, Feltham, TW14 9RJ Contact: Leah M Vilda T: 0203 143 5056 Lvilda@visiting-angels.co.uk</p> |
| <p>Historical Sensory Walk – Kingston Tour Guides</p> <p>Join this free, historical Sensory Walk in Kingston upon Thames. The walks will take an hour, after which we will sit and talk over a tea or coffee in the quiet calm of the church café.</p> | <p>When: Third Monday of the month, meeting at 10.30am. Contact: sensorywalk@kingstontourguides.org.uk</p> |
| <p>Monthly Dementia Friendly Cafe – Isleworth</p> <p>Come for complimentary tea, coffee, cake and conversation at Charlotte House. Offered in partnership with Garner & Hancock solicitors, Right at Home and Dementia Friends Hounslow.</p> | <p>When: Third Tuesday of the month at 10.30am -12pm Where: Charlotte House Care Home, TW7 6AE, Isleworth Contact: Call 07580 624904 or email georgie.wilkins@careuk.com</p> |
| <p>Dementia Friendly Cinema Club – Sherwood Grange Care</p> <p>Monthly dementia friendly cinema club.</p> | <p>When: Screening in May – Tuesday 7th of May 2024 (High Society film) Time: Film starts 2.30pm, arrive by 2pm for tea, coffee and cakes Contact: 020 8247 9110 or email paul.boyce@careuk.com For future screenings please visit the website https://www.careuk.com/care-homes/sherwood-grange-kingston-vale</p> |