

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. We encourage you to call the contact number or email ahead to confirm attendance and that joining details are still the same.

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 Singing for the Brain with Richard	When: Wednesday mornings at 11am Where: Elleray Hall, Elleray Road, Teddington, TW11 0HG When: Every Friday, 11.30am - 1.30pm (not on Oct 31, Nov 7, Dec 19 or 26). Where: Greenwood Community Centre, Hampton Hill, TW12 1QL Contact: richmond@homeinstead.co.uk or ring 0203 879 7877

<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>

<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>The Caring Café</p> <p>Run by Crossroads Care. This relaxed space offers a safe, supporting and confidential environment to meet other</p>	<p>When: 1st and 3rd Saturday of the month from midday</p> <p>Where: Mortlake Library, East Sheen Lane Day Centre, SW14 8LP</p> <p>Contact: Email info@crossroadscarersk.org.uk or ring 0208 943 9421</p>

<p>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.</p>	
<p>Memory Café in Teddington</p> <p>A warm welcome awaits. There might be a quiz, game or a sing along too.</p> <p>*There is also a Community Café at the same location every Monday (1.30pm - 4.30pm) where company, chat and refreshments are on offer.</p>	<p>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.</p>
<p>Alzheimer's Society Peer Support Group</p> <p>A peer support group to meet with others who understand some of what you are going through.</p> <p>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.</p>	<p>When: Every Thursday afternoon (2.30pm - 4pm)</p> <p>Where: Twickenham Wellbeing Centre, TW1 3NH</p> <p>Contact: Richmondservices@alzheimers.org.uk or call 07563 554149.</p>
<p>Sporting Memories Club</p> <p>Sporting memories is an age-friendly and dementia-friendly session that provides:</p> <p>A welcoming space for those aged 50+</p> <p>A forum to chat about sport and so much more</p> <p>An opportunity to be part of a regular activity away from home</p> <p>This club is providing the opportunity to participate in Love to Move, a chair-based gymnastics exercise programme, developed by the British Gymnastics Foundation.</p>	<p>When: On Wednesdays, starting in October, from 11.30-12.30</p> <p>Where: Richmond Gymnastics Association, 1 Townsmead Road, Kew, TW9 4EL</p> <p>Contact: 0208 878 8662 or email rga@richmondgymnastics.co.uk</p>

<p>Reminiscence workshops at Holly Lodge in Richmond Park</p> <p>A 1.5hr workshop that ends with tea and cake. Accessible for wheelchair users and those with mobility issues.</p> <p>The activity might include a visit to a genuine Victorian Pharmacy, making soap using traditional methods, discovering the Victorian school room and Victorian artefacts; learning the history of Richmond Park and art sessions, usually with a watercolour nature theme. On good weather days, and if mobility allows, a walk on the Nature Trail or a visit to the Kitchen Garden may also be included.</p> <p>Visitors can get cosy in the Victorian classroom, in November and December and enjoy a Festive Winter session with holiday traditions, crafts and games.</p>	<p>When: Different dates offered</p> <p>Where: Holly Lodge Centre, Holly Lodge, Richmond Park, TW10 5HS.</p> <p>Contact: 020 8940 8730. www.thehollylodgecentre.org.uk</p>

For those interested in online connections:

<p>Chair Yoga - to stretch, breathe, relax and have fun</p>	<p>When: Tuesdays 10am - 11am or live via zoom or recordings available</p> <p>Where: Greenwood Community Centre, School Road, Hampton Hill, TW12 1QL or online</p> <p>Contact: email sarah@sarahgreenall.com or phone 07952 931 383</p> <p>Website: www.sarahgreenall.com (for details, info and videos)</p>
--	---

<p>Singing Together with Richmond Music Trust</p> <p>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.</p>	<p>When: Sessions take place every Friday at 10.30am -11.30am</p> <p>Where: Online via Zoom</p> <p>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</p>
--	---

Outside of Richmond Borough though still close by:

<p>Dementia Station</p> <p>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.</p>	<p>When: Every Tuesday at 11am.</p> <p>Where: Age Hounslow, Southville Community Centre in Feltham.</p> <p>Contact: Leah on 0203 143 5056 or Hansa at Age UK Hounslow on 0208 560 6969.</p>
<p>Memory Café - Hosted by Visiting Angels</p> <p>Welcoming those affected by dementia, their loved ones and those with memory impairments.</p>	<p>When: Memory Café – Hounslow (Third Monday) at 11am-1pm</p> <p>Where: Frogley House, Estridge Close, Hounslow, TW3 3RE</p> <p>When: Memory Café – Feltham (Third Friday) at 11am-1pm</p> <p>Where: Edward Pauling House, 1 Westmacott Drive, Feltham, TW14 9RJ</p>

<p>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>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: One Monday of the month, meeting at 10.30am. Call ahead for details/dates. 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</p> <p>Where: Charlotte House Care Home, TW7 6AE, Isleworth</p> <p>Contact: Call 020 3813 5115 for more details.</p>
<p>Dementia Friendly Cinema Club – Sherwood Grange Care</p> <p>Monthly dementia friendly cinema club.</p>	<p>When: First Tuesday of the month</p> <p>Time: Film starts 2.30pm, arrive by 2pm for tea, coffee and cakes</p> <p>Contact: 020 8247 9110 or email paul.boyce@careuk.com</p> <p>For future screenings please visit the website https://www.careuk.com/care-homes/sherwood-grange-kingston-vale</p>