

# LIVE WELL WITH DEMENTIA

Engaging, fun and stimulating activities and social workshops to improve memory, cognitive function and quality of life for people living with dementia.



**Helping over 50s in  
Northumberland live  
their best life**

# Live well with dementia Group

**Live well with dementia is a weekly group run by Age UK Northumberland for people who are living with mild to moderate dementia.**

The group offers fun and engaging activities and social workshops designed to improve memory, cognitive function and mood in a safe, supportive, friendly and relaxed environment.

## About the group...

Groups are kept small (max 8 participants) and meet for 2 hours each week to socialise, chat, enjoy games, activities and a cuppa and a scone.

### A typical group session might include:

- 10 am Welcome and relaxing activity
- 10.15 am About my life group chat
- 11 am Refreshments
- 11.15 am Music and memories
- 12 noon Close

- **Ask about our free taster sessions**

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Some things, like crosswords, can be difficult to tackle on your own but together you feel you can do it.

**GROUP MEMBER**



## Some examples of the of activities and social workshops include:

- Musical Me – musical workshops to sing along, dance and chat about music
- Arts and crafts - art class / mindfulness colouring / origami sessions
- Games days - board games / bingo / cards
- Reminiscence activities - memory boxes
- Sensory stimulation – floor parachute / ribbons
- Exercise – chair-based exercises, movement to music
- Pet therapy – cuppa, chat and a pat

The group takes a person-centred approach and will therefore provide a range of activity options to participate in.

During the session, carers are welcome to use our on-site gym (when at the Round House), get together for a coffee or head out. If there are activities that would benefit from a carer present we will let you know in advance.

## Support for carers

During the sessions or at any other time, we offer access to our free support services including: information, advice, welfare benefits checks and applications, advocacy, befriending, health and wellbeing and bereavement support, just ask our facilitator.



# Where do the groups take place?

## Group one

### Start date:

Monday 16 August 2021

### Timings:

10am - 12 noon

### Schedule:

Every week

### Location:

Morpeth Methodist  
Church, Howard Terrace,  
Morpeth, NE61 1HU

## Group 2

### Start date:

Tuesday 17 August 2021

### Timings:

1.30pm - 3.30pm

### Schedule:

Every week

### Location:

The Round House  
Lintonville Parkway,  
Ashington NE63 9JZ

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## Is there a cost?

We want to know that the group works for you, so we'd like to give you two free taster sessions to get you started.

After that each session is £6 - this helps us fund the group. Price includes refreshments for member and carer and you can pay weekly or we can invoice you at the beginning of each month.

## What next?

If you would like to know more, please don't hesitate to get in touch on:



**01670 784 800**



**[info@ageuk-northumberland.org.uk](mailto:info@ageuk-northumberland.org.uk)**