

Living Well in Coventry



Dementia Action Week Special -

Dementia Action Week is 20th-26th May 2019. The **'INCLUSION'** focus of this year's Week has come from people living with dementia. Public anxiety and a sense of social awkwardness contribute to the isolation that people living with dementia experience - and over a third saying they feel lonely and they have lost friends and family following a diagnosis.

Additionally, it is Coventry & Warwickshire Year of Wellbeing. The Year of Wellbeing is here to inspire and empower people to change lives - by improving their wellbeing and the wellbeing of the people around them. To find out more go to www.yearofwellbeing.org.uk Therefore, the Year of Wellbeing motivated us to make an even greater impact during this year's Dementia Action Week.



These are a selection of Coventry based groups and events that are taking place during Dementia Action Week 2019.

Monday 20th May

Information stand at Earlsdon Park Village – 10am-12:30pm – If you would like more information about dementia and/or would like to find out more about the services that Coventry Alzheimer's Society provide, a member of the team will be available to talk to in the foyer of **Earlsdon Park Village**.

Sharing memories taster session – 2pm-3pm – A chance to chat and enjoy memory evoking pictures and items. Welcoming for everyone especially those with dementia. Join the taster session at **Stoke Library**. For more information please contact 024 7678 6990 or stoke.library@coventry.gov.uk

Tuesday 21st May

Connie's Colander – 12 noon – Connie's Colander follows the evolving relationship between Connie and her daughter, and the impact of Connie's Alzheimer's. Come along to **Tile Hill Library** to watch this compelling play.

Sing your Heart Out – 1:30pm-3pm – This is an informal opportunity for those who want to sing songs they know heartily. This group is for those both with and without memory difficulties and is held at **West Orchard URC**, 83 Baginton Road, CV3 6FP.

Dementia Friends Session– 2pm-3pm – Would you like to find out how you could make a positive difference to people living with dementia in their community? Good Neighbours Coventry are running an informal session in **Earlsdon Library** giving information about the personal impact of dementia, and what you can do to help. No need to book just pop in, if you would like more information contact Jackie goodneighboursjackie@hope.org.uk

Afternoon Tea with entertainment by a brass band– 2pm-3:30pm – Brass Bands always make me think about summer fetes and days out. What special memories do you have of musical occasions or summer holidays? If you would like to share your story or show others a special picture come and share your experiences. And if you don't want to share a memory then come along and let us share some cake and tea with you. . Everyone welcome. This event is free to attend and is at **St George's Church**, Barkers Butts Lane, CV6 1EA.

Tea Dance – 2pm-4pm – Join us for the first **Coventry Cathedral** Tea Dance. The Tea Dance is an excellent way to meet new friends, learn some new dance moves with a trained professional and enjoy tea and cake whilst listening to tunes from yesteryear, performed by Miss Gloria Sunset.

This event will also give you a chance to chat with the team from Coventry Alzheimer's Society and to learn about support available to you and your family.

Free to attend | All ages welcome.

Dementia Friends Session– 4pm-5pm – This interactive session held at the **Belgrade Theatre** will increase your knowledge of dementia and ask you to consider what small action you can make to help someone with dementia. To book a place on this session please contact the box office on 024 7655 3055 or through the website www.belgrade.co.uk/

Wednesday 22nd May

Barras Court Day Centre open day – 1:30pm-3pm – Please feel free to drop in to **Barras Court Day Centre** to find out the support that the centre provides to people living with dementia. Day care staff will be available to talk to, as well as a Dementia Navigator who will be able to provide information, support and signpost you to other services.

Dementia Friends Session– 2pm-3pm – A friendly and interactive session that will increase your understanding of dementia and allow you to think about the small things that you can do to make a difference to people affected by dementia in the community. Join the session at **Central Library**.

Friday 24th May

Arts Gymnasium 'Living Well' taster session followed by cream tea – 11am-1pm – Join us at **Belgrade Theatre** for a chance to experience what our fun weekly 'Living Well' sessions are like, aiming to promote positive well-being through imagination and movement. This group is open to people with memory impairments and/or early stage dementia. No previous experience is needed.

This session will be followed by cream tea for £4.00 per person if you would like to join.

If you would like to take part in the taster session and cream tea, please contact the box office on 024 7655 3055 by Wednesday 22nd of May to book.

Disclaimer: Alzheimer's Society has been given this information from the groups featured but takes no responsibility for the accuracy of the information/changes. Please contact the individual groups/organisations for more details.

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