



Merton Dementia Hub: What's On

December 2021

67 Whitford Gardens, CR4 4AB | 020 8687 0922 | merton@alzheimers.org.uk



Merton Dementia Hub is providing limited-capacity face-to-face groups and activities. Our service users tell us they would also like to continue attending online groups via computer link using 'Zoom', so we are running these as well.

You can call us on 020 8687 0922 regarding both face to face and online activities. We are available Monday to Friday 9am – 5pm.

The National Dementia Connect Support Line 0333 150 3456 and our website,

Dementia Support: Our Dementia Support Workers are now visiting people with dementia and carers at home where needed, as well as continuing to keep in regular telephone contact with them. We advise on individual issues and needs, answer questions about dementia and what it means to live with the condition. We liaise with other agencies and sources of support and make onward referrals. We still host the Monday Memory Clinic, at the Hub, where doctors see patients who are referred for a memory assessment. Our Dementia Advisers also meet patients after their appointment at the clinic.

Side by Side: Volunteers are now providing our service for people with dementia with indoor visits, using PPE, maintaining social distance as much as possible.

There is a waiting list, but the service is open to new referrals. Please call Andrea on 07703 471 517 for more information.

Face-to-face and virtual groups and activities: *spaces are limited, and our face-to-face groups run at capacity. We accept new referrals, and will add them to a waiting list, offering a space as soon as we can. If you would like to register for a face-to-face group, please reserve your space as soon as you can! Thank you.*

A weekly Activity group every Tuesday morning (10am – 12noon): **Face-to-face at the Hub:** games, quizzes, arts and crafts and Christmas activities.

A weekly 'Love to Move' dementia exercise group every Wednesday afternoon (3:30 – 4:30pm): **Face-to-face at the Hub and livestreamed on Zoom,** Love to Move is a specially-designed programme to improve cognitive function and coordination by integrating the use of gymnastic foundation skills, cognitive stimulation therapy and social interaction activities.

alzheimers.org.uk, also provide a wealth of information and confidential 1-1 advice.

Face-to-face Groups and Activities continued:

A monthly Carers' Peer Support Group on the fourth Wednesday of every month (10:30am – 12noon): this welcoming group gives carers the opportunity to ask questions, discuss any concerns they experience, in a friendly, supportive environment and therefore to feel less alone. Lots of useful advice and information is shared. Also, an activity group for people with dementia runs alongside the group, enabling carers to bring with them, the person they care for.

A monthly evening Zoom Carers' Peer Support Group on the second Monday of every month (6:30 – 8pm), this virtual group is for carers who are in full-time work or for those who are unable to travel to the Hub.

Our Carers' Information and Support Programme via Zoom every Wednesday morning (10:30am – 12noon): this 4-week series of workshops enables carers to improve their knowledge, skills and understanding in a friendly, confidential environment, and start growing a network of invaluable support. Topics covered include What is dementia, Legal and money matters and planning ahead.

A weekly dance class every Friday morning (10:30am – 12noon): **Face-to-face at the Hub**, working together with the Attic Theatre Company: fun movement to music, you can dance in a chair or on your feet, whichever you choose.



Singing for the Brain every Wednesday afternoon (1:30 – 3pm): structured, fun musical activities help access deep memories and abilities through familiar songs and encouraging the enjoyment of creativity and fun. This popular group is people with dementia and carers to enjoy together!

Our Musician's Company music concerts, bi-monthly. live music at the Hub! Call for details! 020 8687 0922



... and coming soon:

A weekly activity group for people with dementia and carers, every Wednesday morning (10am – 12noon). An activity group already runs once a month alongside our Carers Peer Support Group, enabling carers to bring the person they care for while accessing peer support

Starting Soon! Sporting Memories for people with dementia and carers, on the last Friday afternoon of every month. Please call for details! 020 8687 0922

Making Merton dementia-friendly: Go online to [merton dementia action alliance](https://www.merton.gov.uk/dementia-action-alliance) to see some of the work being done in this area. For more information, please email Alex Carlen, Dementia Friendly Communities Coordinator, at alex.carlen@alzheimers.org.uk.

REMEMBER: PRE-BOOKING IS REQUIRED FOR FACE-TO-FACE GROUPS: Call 020 8687 0922 or email merton@alzheimers.org.uk to register



Updated January 2022