

# Dementia Action Week – Leicester, Leicestershire and Rutland Activity

21<sup>st</sup> – 27<sup>th</sup> May 2018



The following events are taking place throughout Leicestershire from Monday 21<sup>st</sup> – Sunday 27<sup>th</sup> May 2018.

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## Leicester City

Date & time	Time	Cost	What	Where	Contact
21-25 <sup>th</sup> May	Various	Free	Dementia Action Week at University Hospitals of Leicester. There will be a range of information events and promotions for patients with dementia and their carers, hospital staff and members of the public.	Leicester Royal Infirmary, Glenfield Hospital, Leicester General Hospital and Beaumont Leys	Charlotte Leeds (Meaningful Activities Team Leader) <a href="mailto:charlotte.leeds@uhl-tr.nhs.uk">charlotte.leeds@uhl-tr.nhs.uk</a> Clair Rix (Older Peoples and Dementia Sister) <a href="mailto:clair.rix@uhl-tr.nhs.uk">clair.rix@uhl-tr.nhs.uk</a> Jenny Kay (Senior Nurse Older People and Dementia) <a href="mailto:Jennifer.kay@uhl-tr.nhs.uk">Jennifer.kay@uhl-tr.nhs.uk</a> 0116 2585384
Wednesday 23 <sup>rd</sup> May			Information event	Beaumont Shopping Centre	
Monday 21 <sup>st</sup> May	11.30am	Free	The Attenborough Arts Centre (based at the University of Leicester) is offering a dementia friendly activity day. Booking required	Attenborough Arts Centre	<a href="mailto:Sophie.tucker@alzheimers.org.uk">Sophie.tucker@alzheimers.org.uk</a> 0116 231 6921

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Monday 21 <sup>st</sup> May	7pm	Free	Dean's Discussion: I think therefore I am - Join us to explore our understandings of dementia, personhood and how to respond. Booking may be required	Leicester Cathedral	<a href="mailto:leicestercathedral@leccofe.org">leicestercathedral@leccofe.org</a> Cathedral office 0116 2615357
Tuesday 22 <sup>nd</sup> May	2pm to 4pm	Free	Singing for the Brain Booking may be required	Leicester Cathedral	<a href="mailto:leicestercathedral@leccofe.org">leicestercathedral@leccofe.org</a> Cathedral office 0116 2615357
Thursday 24 <sup>th</sup> May	10.30am to 12noon  2pm to 3.30pm	Free	Dementia Friends sessions. Booking may be required	St Martin's House	<a href="mailto:leicestercathedral@leccofe.org">leicestercathedral@leccofe.org</a> Cathedral office 0116 2615357
24 <sup>th</sup> May	5.30pm to 6.30pm		Dementia friends session Booking required	Leicester Central Library, LE1 6AA	<a href="http://www.dementiafriends.org.uk">www.dementiafriends.org.uk</a> Shabnam Shahvali 0116 2995401

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Friday 25 <sup>th</sup> May	11am to 1pm	Free	Open drop in session for all carers with an emphasis on dementia an information and advice drop in session with craft activities	The Carers Centre Unit 19 Matrix House Constitution Hill Leicester LE1 1PL	The Carers Centre 0116 2510999
Sunday 27 <sup>th</sup> May	3pm	Free	Held and Loved: Together with God – a dementia –friendly service, with familiar music and prayers followed by tea and cakes	Leicester Cathedral	<a href="mailto:leicestercathedral@leccofe.org">leicestercathedral@leccofe.org</a> Cathedral office 0116 2615357

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**Blaby**

Date & time	Time	Cost	What	Where	Contact
Mon 21 <sup>st</sup> – Fri 25 <sup>th</sup> May	Surgery opening hours	Free	Dementia Awareness. To raise awareness in practice population and to signpost fellow patients to further information on dementia	Northfield Medical Centre Villers Court Blaby Leicester, LE8 4NS	Jenny Quilter, Northfield Medical Centre 0116 3192203
21 <sup>st</sup> -26 <sup>th</sup> May	Opening hours	Free	Dementia information and advice via the Notice Board in the large waiting area of the Practice	ENDERBY MEDICAL CENTRE	Mrs Julie Read, Practice Manager
Tuesday 22 <sup>nd</sup> May	10am to2pm	Free	Information stand, message in a bottle, free goody bags, dementia friendly information for businesses	Blaby Precinct outside Waitrose, 8 St Johns Court, Lutterworth Road, Blaby LE8 4DJ	<a href="mailto:samantha.clarke@blaby.gov.uk">samantha.clarke@blaby.gov.uk</a> 0116 272 7544

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## Charnwood

Date & time	Time	Cost	What	Where	Contact
Tuesday 22 <sup>nd</sup> May	10am to 4pm	Free	Dementia Drop-in event aimed at professionals, people living with dementia, carers and relatives, providing details of NHS and third sector services and support. Free parking refreshments and cake	Charnwood Mill, Sileby Road, Barrow-upon- Soar, Loughborough, LE12 8LR	<a href="mailto:Debbie.Leafe@leicspart.nhs.uk">Debbie.Leafe@leicspart.nhs.uk</a> 07748 791 434.
Friday 25 <sup>th</sup> May	6.30pm	£5 per team	Charity Quiz – Decades  In aid of the Alzheimer's Society.  Booking required  Licensed Bar Raffle with fun and fabulous prizes	Syston Rugby Club  Barkby Road  Queniborough LE7 3FE	<a href="mailto:Sophie.tucker@alzheimers.org.uk">Sophie.tucker@alzheimers.org.uk</a>  0116 231 6921

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### Hinckley and Bosworth

Date & time	Time	Cost	What	Where	Contact
Tuesday 22 <sup>nd</sup> May	10.30am to 11.30am	Free	Dementia Friends awareness session open to the public	Hinckley Library	Please book by calling 0116 3052500
Tuesday 22 <sup>nd</sup> May	10.30am to 12pm	Free	Information stall promoting library groups and dementia books on prescription	Hinckley Library	<a href="mailto:hinckleylibrary@leics.gov.uk">hinckleylibrary@leics.gov.uk</a>
Tuesday 22 <sup>nd</sup> May	10.30am to 12pm	Free	Make Friends, with a Book. Stories and poems read out loud. Sit back, listen and join in the discussion as much or as little as you like.	Hinckley Library	<a href="mailto:Lindsay.orton@hinckley-bosworth.gov.uk">Lindsay.orton@hinckley-bosworth.gov.uk</a>
Tuesday 22 <sup>nd</sup> May	10.30am to 12pm	Free	Singing Café	Pathways Centre, Hinckley Baptist Church	<a href="mailto:pathways@hinckleybaptist.com">pathways@hinckleybaptist.com</a>
Tuesday 22 <sup>nd</sup> May	1.30pm to 3.30pm	£3.50 (with carer £6 for both)	Cornerstone - tea, cake, chat and friendship	Pathways Centre, Hinckley Baptist Church	<a href="mailto:pathways@hinckleybaptist.com">pathways@hinckleybaptist.com</a>

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Date & time	Time	Cost	What	Where	Contact
Thursday 24 <sup>th</sup> May	9.30am to 10.30am	Free	Dementia Friends session for HBBC staff and partners based in the Hub	Daytona Suite, Hinckley Hub	<a href="mailto:Lindsay.orton@hinckley-bosworth.gov.uk">Lindsay.orton@hinckley-bosworth.gov.uk</a>
Thursday 24 <sup>th</sup> May	10am to 2pm	Costs apply	Take a Break – respite and activities for people living with dementia	Pathways Centre, Hinckley Baptist Church	<a href="mailto:pathways@hinckleybaptist.com">pathways@hinckleybaptist.com</a>
Thursday 24 <sup>th</sup> May	11am to 12pm	Free	Dementia Friends session for HBBC staff and partners and businesses in the Atkins Building	Atkins Building, Lower Bond Street, Hinckley	<a href="mailto:Liz.causon@hinckley-bosworth.gov.uk">Liz.causon@hinckley-bosworth.gov.uk</a>
Thursday 24 <sup>th</sup> May	3.15pm to 4.15pm	Free	Dementia Friends session for HBBC staff in the Jubilee Building	Jubilee Building, Harrowbrook Industrial Estate	<a href="mailto:Chirag.ruda@hinckley-bosworth.gov.uk">Chirag.ruda@hinckley-bosworth.gov.uk</a>
Friday 25 <sup>th</sup> May	10.30am to 12pm	Free	Make Friends, with a Book. Stories and poems read out loud. Sit back, listen and join in the discussion as much or as little as you like.	Earl Shilton Library, Earl Shilton	<a href="mailto:Lindsay.orton@hinckley-bosworth.gov.uk">Lindsay.orton@hinckley-bosworth.gov.uk</a>



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### Market Harborough

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Tuesday 22 <sup>nd</sup> May	2.30pm to 3.30pm	Free	Make Friends, with a Book. Stories and poems read out loud. Sit back, listen and join in the discussion as much or as little as you like.	Market Harborough Library	<a href="mailto:marketharboroughlibrary@leics.gov.uk">marketharboroughlibrary@leics.gov.uk</a> 0116 305 3627
Wednesday 23 <sup>rd</sup> May	1pm to 3pm	Free	Games Together Join others in a friendly game. Like Scrabble, playing cards, chess & more	Market Harborough Library	<a href="mailto:marketharboroughlibrary@leics.gov.uk">marketharboroughlibrary@leics.gov.uk</a> 0116 305 3627
Friday 25 <sup>th</sup> May	morning	Free	Raising Funds for the Alzheimer's Society	Tesco Metro Market Harborough	<a href="mailto:Sophie.tucker@alzheimers.org.uk">Sophie.tucker@alzheimers.org.uk</a> 0116 231 6921

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### Lutterworth

Date & time	Time	Cost	What	Where	Contact
Thursday 24 <sup>th</sup> May	1pm to 2pm	Free	Dementia Friends Session open to anyone Booking advised	Lutterworth Library	<a href="mailto:lutterworthlibrary@leics.gov.uk">lutterworthlibrary@leics.gov.uk</a> 0116 305 3619

### Melton Mowbray

Date & time	Time	Cost	What	Where	Contact
Monday 21 <sup>st</sup> May	10.30am to 12noon	Free	Make Friends, with a Book. Stories and poems read out loud. Sit back, listen and join in the discussion as much or as little as you like.	Melton Mowbray Library	<a href="mailto:metonmowbray@leics.gov.yk">metonmowbray@leics.gov.yk</a> 01163053646
Tuesday 22 <sup>nd</sup> May	1.15pm to 2.15pm	£3	Singing café suitable for people with dementia needs and accompanying carers. £3 voluntary donation	Melton Mowbray Library	<a href="mailto:meltonmowbraylibrary@leics.gov.yk">meltonmowbraylibrary@leics.gov.yk</a> 01163053646
Friday 25 <sup>th</sup> May	10am	Free	Make do and Create, craft group open to the public, bring your crafts and join in	Melton Mowbray Library	<a href="mailto:meltonmowbraylibrary@leics.gov.uk">meltonmowbraylibrary@leics.gov.uk</a> 01163053646

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**Oadby and Wigston**

<b>Date &amp; time</b>	<b>Time</b>	<b>Cost</b>	<b>What</b>	<b>Where</b>	<b>Contact</b>
Wednesday 23 <sup>rd</sup> May	10.30am to 12 noon	£3	Musical Memories reminiscence items to handle and sing along to music from the 50s and 60s. Booking required	Oadby Library	<a href="mailto:oadbylibrary@leics.gov.uk">oadbylibrary@leics.gov.uk</a> 0116 3050783
Thursday 24 <sup>th</sup> May	10.30am to 12 noon	£3	Musical Memories reminiscence items to handle and sing along to music from the 50s and 60s. Booking required	Wigston Library	<a href="mailto:wigstonlibrary@leics.gov.uk">wigstonlibrary@leics.gov.uk</a> 0116 3053689
Thursday 24 <sup>th</sup> May	10.30am to 12 noon	Free	Oadby and Wigston Lions Club will be promoting “Message in a Bottle”.	Wigston Library	<a href="mailto:wigstonlibrary@leics.gov.uk">wigstonlibrary@leics.gov.uk</a> 0116 3053689

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## Rutland

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Monday 21 <sup>st</sup> May	10.30am to 11.30am	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Oakham Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Monday 21 <sup>st</sup> May	2pm to 3pm	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Market Overton Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Tuesday 22 <sup>nd</sup> May	10.0am to 12noon	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Uppingham Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Wednesday 23 <sup>rd</sup> May	2pm to 3pm	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Oakham Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324

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Tuesday 22 <sup>nd</sup> May	1.00pm to 4.00pm	Free	SPRING WELLBEING EVENT, Multi agency information event for over 50s to showcase local dementia friendly services, free tea and coffee	Oakham Fire Station	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Wednesday 23 <sup>rd</sup> May	9.30am to 11am	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Empingham Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Thursday 24 <sup>th</sup> May	9.30am to 11am	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Market Overton Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324
Thursday 24 <sup>th</sup> May	11.30am to 12.30pm	Free	Dementia Support Service displays at Rutland GP during surgery hours with Ageuk representatives also available at specific hours	Oakham Surgery	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324

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Friday 25 <sup>th</sup> May	11am to 1pm	Free	Age UK Dementia Support Service Information display at Santander, Oakham	Display will be located at Santander in Oakham 6-8 Market Pl, Oakham LE15 6DT	<a href="mailto:yvonne.rawlings@ageukleics.org.uk">yvonne.rawlings@ageukleics.org.uk</a> 01572770324

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### Other information

**A Book of Me:** Creative resource to help people living with dementia and their carers. More information can be found at [www.ourmemorylanes.co.uk](http://www.ourmemorylanes.co.uk)

**Reading Well: Books on Dementia:** A collection of 25 books that provide support and advice about dementia. Free to borrow and books can be requested from any Leicestershire Library

**Herbert Protocol and Message in a Bottle:** Can be picked up locally at some libraries, GPs, Police Stations and the Lions Club

There are likely to be a range of Dementia Friends session that are closed to the public that employers are running for their staff these are the ones we know about:

Area	Date & time	Time	Cost	What	Where	Contact
North West Leics.	Friday 25 <sup>th</sup> May	10.30am to 11.30am	Closed	Dementia Friends Information Session for Home Library Service volunteers	Coalville Library	Hinckley and Coalville Area Libraries,
Leics. County Council	21 <sup>st</sup> -25 <sup>th</sup> May	various	Closed	Dementia Friends I Session for Customer Service Staff	County Hall Glenfield.	Leicestershire County Council.