

Organization	Session Outline	Info and Contact details
Active Ageing Club AFC Wimbledon Football Club & Home Instead	Sporting-focused reminiscence, quizzes and bingo, followed by some gentle exercise, including chair-based activities, boccia and indoor curling	Every Thursday at 10am - 12pm, AFC Wimbledon Stadium, Plough Lane, SW17 0BW.Refreshments and equipment are provided. £5 per person T: 020 8942 4137 or email ellie.burrell@homeinstead.co.uk
Alzheimer's Society - Dementia Research	Join our Research Network and work in partnership with Alzheimer's Society and researchers across the UK to make sure research really makes a difference for people affected by dementia.	How to apply: https://www.alzheimers.org.uk/form/research-network-applications Or contact Alzheimer's Society Kingston for more information on: 020 7423 5115
Alzheimer's Society Activities handbook www.alzheimers.org.uk	Handbook with suggestions of activities for anyone caring or supporting a person living with dementia	Dementia Connect T: 0333 1503456 T: 020 7423 5115 kingstonoffice@alzheimers.org.uk
Alzheimer's Society Companion Calls www.alzheimers.org.uk	Trained volunteers make regular phone calls to check in and have a friendly chat about anything the person they are calling wants. It could be their favourite TV show, the weather or simply to talk about how things are going.	Dementia Connect T: 0333 1503456 T: 020 7423 5115 kingstonoffice@alzheimers.org.uk
Amy Woodgate Day Centre	Amy Woodgate Day Centre is the only specialist day service for people with a dementia in Kingston, it is open all week including every weekends 365 days a year.	T: 020 81543 444 daycareservicewg@goldencarehomes.com
Arts4Dementia www.arts4dementia.org.uk	Free online arts programmes for artistic stimulation individuals.	T: 020 3633 9954 info@arts4dementia.org.uk

<p>BBC Classic Films https://www.bbc.co.uk/programmes/p065hg34?page=2</p>	<p>Enjoy a host of famous films from romances and musicals to westerns and thrillers.</p>	<p>Info: https://www.bbc.co.uk/programmes/p065hg34?page=2</p>
<p>BBC music memory</p>	<p>Online music to help people reconnect with their most powerful memories.</p>	<p>www.musicmemories.bbcrewind.co.uk</p>
<p>BBC Reminiscence Archive https://remarc.bbcrewind.co.uk/</p>	<p>This archive provides access to a selection of content from the BBC Archives, designed to support reminiscence therapy.</p>	<p>Info: https://remarc.bbcrewind.co.uk/ or</p>
<p>Devonshire Dementia Care www.devonshiredementiacare.com</p>	<p>Virtual coffee mornings and singing groups</p>	<p>T: 0208 9490818 info@devonshiredementiacare.com</p>
<p>Fulham Memories – Kingston Museum</p>	<p>Fulham Memories programme provides a range of activities including quizzes and a cup of tea with friends followed by some light physical activity and games such as Boccia.</p>	<p>Fridays from 2.30 to 4pm Email : health@fulhamfc.com</p>
<p>Get Active exercises referral programme www.kingston.org.uk</p>	<p>A free 12-week structured exercise programme for adults.</p>	<p>T: 0208 5476666 getactive@kington.gov.uk</p>
<p>Group & Tailored holidays</p>	<p>Especially designed for individuals living with dementia and carers</p>	<p>https://revitalise.org.uk/ https://dementiaadventure.co.uk/</p>
<p>Hampton Court Sensory Palaces www.hcp.org.uk</p>	<p>Free sensory sessions for people living with dementia and their carers.</p>	<p>T: 020 3166 6568 sarah.fairbairn@hrp.org.uk</p>
<p>Hestia's Good Energy Club Kingston www.hestia.org/kingstons-good-energy-club</p>	<p>Face to face and online exercises such as yoga, meditation, art, walking.</p>	<p>M: 0777 2920416 phoebe.smith@hestia.org.uk</p>
<p>Kew Gardens – Dementia Friendly Health walks https://www.kew.org/kew-gardens/whats-on/health-walks-for-people-living-with-dementia</p>	<p>Free relaxing walks designed to be accessible for people living with dementia. Starting from Victoria Gate and lasting around 60 minutes, the walks are led</p>	<p>Advanced booking required: discovery@kew.org M: 07341 114533 Fully booked for 2022. Next availability Feb/2023</p>

	by volunteers and walk leaders.	
Kingston Adult Education www.kingston.org.uk	Wellbeing and fitness courses	T: 020 8547 6875
Kingston Library	Virtual reading groups	libraryvolunteers@kingston.gov.uk
Love to Move Home Instead Programme	Chair based exercise for people living with dementia and older people including carers	New Malden Library Every Wednesday from 10am to 12.30pm. To book your seat please contact Ellie at Home Instead on 020 8942 4137 or email ellie.burrell@homeinstead.co.uk
Love to Move at Lunch Club in the Pavilion – South Park Gardens Home Instead Programme	Chair exercise and lunch to promote physical activities and socialization. Every Monday from 12 – 2pm (£10 per person)	To book your seat please contact Ellie at Home Instead on 020 8942 4137 or email ellie.burrell@homeinstead.co.uk
Lunch Club www.homeinstead.co.uk/wimbledon-kingston	Partnering with the Friends of South Park Gardens to bring you Lunch Club in the Pavilion. Every Monday from the 6th September at 12-2pm	Home Instead Wimbledon & Kingston T: 020 8942 4137 or email ellie.burrell@homeinstead.co.uk
Memory Lane Club https://www.sacredheartwimbledon.org.uk/Groups/290391/Memory_Lane_Club.aspx	Friendly lively drop-in services chat, fun , laughs and a range of activities for those living with dementia and their carers	Every Wednesday from 10.30 to 12.30 The lounge, Sacred Heart Church Halls Complex , Edge Hill , SW19 4LU Email: edgehillmemorylaneclub@gmail.com
Millap: Multicultural Day Centre www.milaapcentrekingston.org.uk	Day centre and Online exercises: yoga, chair exercise, meditation	T: 020 8547 2887
Mind Kingston www.mindkingston.org.uk	Online art therapy groups and activities	T: 0208 255 3939
Music for dementia	Musical calendar of events	www.musicfordementia.org.uk
Music for life www.wigmore-hall.org.uk	Monday Afternoons is a warm and welcoming group that comes together to explore and create music. Online sessions and in-person sessions that take place in Wimbledon at Hillside Church.	Email: learning@wigmore-hall.org.uk T: 07551 372255

My life films www.mylifefilms.org.uk	TV streaming for people living with dementia & life story services	T: 0208 1546220
Open Spotify https://open.spotify.com/user/playlistdementia	Playlist for dementia	https://open.spotify.com/user/playlistdementia
Open Table at New Malden Library	Discover a new space in your local library where you can meet friends old and new whilst working on your latest art/craft project, learning a new game or taking some time out!	Free refreshments available. Open Table is accessible during New Malden Library opening hours.
Raleigh House – Saturday Club www.staywell.org.uk	Opportunity for people with dementia, and their families and carers, to socialise. Activities vary, and may include singing and entertainment, as well as a special event such as a summer barbecue and Christmas party.	T: 020 8942 8256
Reading Well - Dementia https://reading-well.org.uk/books/books-on-prescription/dementia	The books provide information and advice, support for living well, advice for relatives and carers. They are endorsed by health professionals and can all be found in the local library.	Info : https://reading-well.org.uk/books/books-on-prescription/dementia
Richmond Music Trust www.richmondmusictrust.org.uk	Free Virtual Dementia Singing Therapy Groups or one to one services	T: 0208 8744 80977 admin@richmondtrust.org.uk
Sharing Lives Christian Support (limited availability) www.sharinglives.org.uk/activities	Befriending/Men's Shed/Community Garden - All welcome	M: 075 17374313 or enquiries@sharinglives.co.uk
Singalong for people with dementia	1 st and 3 rd Mondays from 2-3.30pm at the corner House – Surbiton	T: 0208 390 2019 Email : singalongkt6@gmail.com
Supper Club www.homeinstead.co.uk/richmond	From 6.30pm to eat at 7pm on the third Thursday of every month.	Home Instead Richmond T: 0203 879 7877 – Mike

<p>The Bradbury – Weekly programme of activities www.staywell.org.uk</p>	<p>Lively, vibrant, and inclusive atmosphere, with a wide range of activities from Tai Chi and Yoga, to dancing classes or computer lessons, for the active over 60s.</p>	<p>T: 020 8549 1230</p>
<p>The King's Centre www.thekingscentre.org.uk</p>	<p>Men's Shed, Art, Fitness and Friendship groups for over 60's</p>	<p>T: 020 8391 5522</p>
<p>U3a learn/laugh/live www.u3a.org.uk</p>	<p>Learning and events for over 60's</p>	<p>T: 020 8466 6139 The third age trust</p>