

**Dementia Awareness Week  
Support and Services Event – 20<sup>th</sup> May  
Taster and Information Sessions & Location**

Please book a place at the session you are interested in when you arrive at the event.

Places are available on a first come, first served basis.

The Dementia Friends Information Sessions can be booked in advance at  
[www.dementiafriends.org.uk/](http://www.dementiafriends.org.uk/) or at the event if places are available.

Small Hall	Lounge
<p align="center"><b>10:30 – 11: Making Memory Boxes</b></p> <p>Delivered by Taruna Chauhan, this session will teach you how to make a memory box, and how a memory box can be used to stimulate conversations. Boxes and other products are going to be available to buy on the day.</p>	<p align="center"><b>10:30 – 11: Story Making Session</b></p> <p>A session where large, thought-provoking images are used to stimulate discussion and imagination (aimed at people with early-mid stage dementia)</p>
<p align="center"><b>11-12: Become a Dementia Friend</b></p> <p>A friendly, interactive session designed to increase your understanding of dementia, and think about the small things you could do to make a difference to people with dementia in your community.</p> <p>This session is delivered by Keeley Waldron and can be booked in advance on <a href="https://www.dementiafriends.org.uk/">https://www.dementiafriends.org.uk/</a></p>	
<p align="center"><b>12 – 12:30: Making Memory Boxes</b></p> <p>Delivered by Taruna Chauhan, another opportunity to learn how to make a memory box, and how a memory box can be used to stimulate conversations. Boxes and other products are going to be available to buy on the day.</p>	<p align="center"><b>12 – 12:30: Story Making Session</b></p> <p>Another opportunity to take part in a session where large, thought-provoking images are used to stimulate discussion and imagination (aimed at people with early-mid stage dementia)</p>
<p align="center"><b>1-2pm Oomph Exercise Class</b></p> <p>Oomph exercise sessions aim to create a party atmosphere by turning the music up loud, using colourful props and encouraging singing, dancing and generally having fun!</p>	
<p align="center"><b>2-3pm: Become a Dementia Friend</b></p> <p>A friendly, interactive session designed to increase your understanding of dementia, and think about the small things you could do to make a difference to people with dementia in your community.</p> <p>This session is delivered by Jane Doswett and can be booked in advance on <a href="https://www.dementiafriends.org.uk/">https://www.dementiafriends.org.uk/</a></p>	

**The Market Stall will showcase the following providers:**

- **Age UK Warwickshire**
- **Alzheimer's Society Warwickshire (including information about Dementia Navigators service and dementia cafes)**
- **Coventry and Warwickshire Dementia Action Alliance**
- **Coventry and Warwickshire Partnership Trust**
- **Coventry City Council / Shared Lives scheme**
- **Fairway Homecare**
- **Fitter Futures Warwickshire (Information on Fitter Futures exercise scheme and free health checks)**
- **Galanos House & Royal British Legion**
- **George Eliot Hospital**
- **Guideposts Carer Support Service**
- **Housing and Care 21 (information about Extra Care housing)**
- **Mi-Life / Millbrook (information about assistive technology for people with dementia)**
- **Penderels Trust (information on Direct Payments and on how to recruit your own carers/PAs)**
- **Runwood Homes Warwickshire (Examples of innovation and initiatives to support people living with dementia to live well and thrive in 24 hour care settings)**
- **South Warwickshire Foundation Trust (Warwick Hospital)**
- **The Citizens Advice Bureau Service for Bedworth, Rugby, Nuneaton and Tamworth**
- **Warwickshire Libraries (Books on Prescription service)**
- **Warwickshire Race Equality Partnership**
- **WCS Care Drayton Court**