Dementia Awareness Week
Support and Services Event – 20th 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/ or at the event if places are available.

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<tr>
<th>Small Hall</th>
<th>Lounge</th>
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<td><strong>10:30 – 11: Making Memory Boxes</strong>&lt;br&gt;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.</td>
<td><strong>10:30 – 11: Story Making Session</strong>&lt;br&gt;A session where large, thought-provoking images are used to stimulate discussion and imagination (aimed at people with early-mid stage dementia)</td>
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<td><strong>11-12: Become a Dementia Friend</strong>&lt;br&gt;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.&lt;br&gt;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></td>
<td><strong>12 – 12:30: Making Memory Boxes</strong>&lt;br&gt;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.</td>
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<td><strong>12 – 12:30: Story Making Session</strong>&lt;br&gt;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)</td>
<td><strong>1-2pm Oomph Exercise Class</strong>&lt;br&gt;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!</td>
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<td><strong>2-3pm: Become a Dementia Friend</strong>&lt;br&gt;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.&lt;br&gt;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></td>
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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