



Dementia Friendly Abingdon Update

April 2019

Dear Dementia Friendly Abingdon Friends,

With Alzheimer's Society Dementia Action Week rapidly approaching next month it seems like a good time to update you on all Dementia Friendly Abingdon (DFA) activities. The DFA Steering Group has planned a whole week of events, including two public Dementia Friends Information Sessions. The programme is:

Monday 20 May

Information Day in the Community Free Space, Bury Street Precinct, 10.00am – 4.00pm

A one stop shop for advice, support and information on activities available to those living in and around Abingdon with dementia and mild cognitive impairment and their carers. Those represented will include the Alzheimer's Society, Dementia Oxfordshire, Kennington Memory Club, Young Dementia UK, Carers Oxfordshire, Fiddle Fingers Quilts, and care homes

NB Fiddle Fingers Quilts will be in the Community Free Space all week.

<http://www.fiddlefingersquilts.co.uk/>

Tuesday 21 May

Dementia Friends Information Sessions, Community Free Space, 10.30am & 12noon

A fun, interactive one-hour session to learn a little bit about what it's like to live with dementia. Places are limited so do register to attend at www.dementiafriends.org - click through several 'Become a Friend' tabs to find our Abingdon sessions and sign up. Or email dementiafriendlyabingdon@gmail.com

Wednesday 22 May

Dementia Friendly Film Showing, Abbey Cinema, doors open 10.00am for 11.00am showing of

The Wizard of Oz. To book tickets see www.theabbey.ac

Thursday 23 May

10.30am Meet in the Market Square for a **dementia friendly walk** around Abbey Park.

2.00pm Organised by the Library

Human Story Theatre perform *Connie's Colander*. Running time 50min, followed by a 20min post show Q&A with a dementia specialist.

Friday 24 May

Awareness Day in the Market Place, 10.30am – 2.00pm

Information stands, Music, Singing for the Brain sessions at 11.30am and again at 12.30pm. If it's wet we'll be in St Nicolas Church!

As you can appreciate, all of the above activity takes a lot of organizing and manning. If you might be able to help in any way please let us know by replying to this message. If possible, please include a telephone number. Thank you!

Our other news.....

Library Display: Earlier in May, 7th - 11th, we'll have a display, including all the above details, on the big notice board immediately inside the library. So that's another place to direct anyone who wants information.

Publicity: We have both initiated and received welcome publicity over the past month, including an article you may have seen in the Abingdon Town Magazine last month. We had a table at Abingdon Clubs and Societies Day on 16 March, where several of you signed up to become a DFA Friend and/or attend a Dementia Friends Information Session, and were delighted to feature in the Abingdon Blog report on the event.

We produced a DFA information postcard which is attached for information. If you would like a supply to distribute among friends or colleagues just let me know and I can get some to you.

We have recently joined Facebook so, if it's something you use, take a look at

<https://www.facebook.com/dementiafriendlyabingdon/> as we put more information there too.

We're also hoping to have the Dementia Action Week events featured in Round&About magazine in May – so don't forget to take a look when it drops through the letterbox!

Cafes: The lively 35 Ock Street café group continue to meet on a Friday morning, 10.30-11.30am. Anyone with dementia or mild cognitive impairment, along with their carer if they have one, are welcome to pop in for a coffee and chat in a supportive environment. Due to a lack of attendees The Barns Café sessions are no longer attended by DFA but the café staff are Dementia Friends and will always give a warm and understanding welcome.

As always, if you know anyone who would like to be added to the DFA Friends list I'd be delighted to hear from them, please just ask them to email me at this address dementiafriendlyabingdon@gmail.com And if you wish to be removed from the list, again, let me know by replying to this address.

Thank you for your support.

Susan

Susan Williams

Secretary

Dementia Friendly Abingdon Steering Group