

Dementia-friendly activities in Stevenage



**COVID has had an impact
on how much we were
able to get out and about.
There is lots on offer in
Stevenage.**

Physical activity is good for well-being and can help prevent illness later in life.

Joining in with others can be sociable, fun and help us feel less lonely.

This leaflet has a selection of some activities available to those living with dementia and their family supporters.

What did we do?

- An online survey of dementia friendly communities. We asked about the opportunities and challenges of physical activity provision for people living with dementia.
- We talked to people living with dementia and their family supporters.
- We talked to people who provided physical activity for people living with dementia and those who took part.

What did people tell us?

- Physical activity has a broad definition.
- It includes walking, gardening, doing arts and crafts and dancing.
- Physical activity is good if it is fun and has a social side (time for a chat and a cup of tea).
- It can also mean joining in with an organised activity (seated exercise, cricket or extra support at the gym or swimming).
- Physical activity can be in a community hall, in your own home or in a public place (but it is good to know about toilets, and parking).
- Motivators to do physical activity include a family supporter, a dog, a camera to take photos, a step counter (Fitbit), shopping and going to the post box.

“last week was the first week that we actually met outside.... it was lovely to see everybody again.” (carer)

“It’s better for your mental health really to walk around and listen to birds” (Person affected by dementia)

“When Covid came along and it all stopped then we didn’t go swimming anymore” (family supporter)

“She is a different sort of person when she’s been to the gym or to the Red Shed.” (family supporter)



Physical Activity in Stevenage

- There are lots of opportunities in Stevenage to do physical activity.
- However, people do not know how to find out about them.
- There is not one place where up to date information is available.
- And not everyone uses the internet.

What did people recommend?

- Making funding available for sustainable activities exclusive for people living with dementia and family supporters.
- Support is needed to make mainstream activities dementia friendly (via training).
- Information about activities to be available at the Memory Service and NHS/ Social Care.



| | |
|--|--|
| Gardening See page 10 | The Red Shed Providing garden-based workshops for people living with dementia and their family supporters with qualified Horticultural therapists and experienced volunteers. Location: Bedwell Crescent, SG1 1NJ |
| Activity Packs See page 10 | Hertfordshire Libraries Move it or Lose it - Falls Prevention Packs' provide a range of information to help prevent falls and aid physical activity, including a book, DVD and CD. The pack can be borrowed from local libraries or reserved via the online library catalogue. Location: Stevenage central library, Southgate SG1 1HD (and libraries across Hertfordshire) |
| Exercise See page 10 | Strength and Balance A mixture of standing and seated exercises for older adults taught by a qualified instructor. Suitable for those who haven't exercised in some time. Beginners and intermediate sessions offered. Location: Beginners: Bedwell Community Centre, Bedwell Crescent, SG1 1NA Intermediate/advanced: St. Joseph's Church Hall, Bedwell Crescent, SG1 1NJ |
| Walking football See page 10 | Stevenage Football Club A slower paced version of the usual game that is suitable for people of all abilities and no experience necessary. Location: Stevenage FC Academy, Broadhall Way, SG2 8NP |
| Gym & Exercise See page 12 | Stevenage Lifestyles Gym Specialised gym equipment is available to use in a safe and supervised environment, such as an adapted treadmill and bike. Through the exercise referral scheme a qualified fitness professional will take into account your medical condition and ability level when recommending an activity. Location: Stevenage Lifestyles, Stevenage Arts & Leisure Centre, Lytton Way, Stevenage, SG1 1LZ. |

| | |
|--|--|
| Walking See page 12 | Stepping Out Supported walks to scenic venues across Hertfordshire, such as National Trust locations, for carers and the people they care for. Location: various across Hertfordshire |
| Dance See page 12 See page 14 | Walking for Health A free service supported by Stevenage Borough Council to help people get outdoors and reap the benefits of being more active. Local walking in a friendly group, led by volunteer leaders. Location: Outside the Costellos Café, Fairlands Valley Park, Six Hills Way, Stevenage, Herts SG2 0BL. |
| Art See page 14 | Movement to music Classes involve exploring different styles of dance with each session led by a qualified teacher. The classes are open to ‘mature’ movers and there is plenty of time for socialising at the end. Face-to-face and online sessions offered. Location: Standon: The Village Hall Standon, Hadham Road, Standon, SG11 1LE Fairfield: Fairfield Community Hall, Kipling Close, Fairfield Park, SG5 4GY |
| Music See page 14 | Dance for Dementia Sessions are tailored for those living with early to mild dementia. A creative movement class to improve balance, coordination and muscular strength and endurance. The classes are centred around sequence dances using music and repetition to ignite memories and emotions. Location: St Peter’s Church Hall, The Willows, Stevenage, SG2 8AN |
| Art See page 14 | Open Art Box Visual art workshops for people living with early-stage dementia and their carers. Sessions are supported by professional artists and offer attendees the chance to use a range of art materials in a fun and informal environment. No previous art experience necessary Location: Hampson Park Community Centre, Stevenage, SG1 5QU |
| Music See page 14 | Music 24 Music24 offer a community music therapy group for people living with dementia and their family supporters. Location: The Stevenage Lytton Players Theatre, SG1 5PZ |

| | |
|--|--|
| <p>Fun and Active Groups</p> <p>See page 14</p> | <p>All Sorts Dementia Group A service providing a variety of fun and stimulating activities, with lunch included, for people living with mild to moderate dementia in a group environment. Locations: High Cross Town Village, North Drive, High Cross, Ware, SG11 1AR Sawbridgeworth Cricket Club (Bell Street, Sawbridgeworth, Herts, CM21 9HJ) Essendon Village Hall, School Lane, Essendon, Hatfield, AL9 6HD</p> |
| <p>See page 16</p> | <p>Hertswise A community group providing a fun and social space for people living with dementia to meet and take part in activities. Locations: Stevenage United Reform Church, Cutts Lane, SG1 1UL Hampson Park, Hampson Park Webb Rise, SG1 5QU Symonds Green Community Assoc, Filey Close, SG1 2JW</p> |
| <p>See page 16</p> | <p>GEMMS GEMMS provides socialisation and mental stimulation for people who have dementia or memory problems to help keep them in the community for as long as possible, engaging with other people and to provide carers with respite. Location: Hampson Park, Webb Rise, Stevenage, SG1 5QU</p> |
| <p>See page 16</p> | <p>Irish Network Stevenage (INS) Provides a range of physical and social group activities, such as line dancing, exercise sessions, bingo and tea dances. Location: most activities held at Bedwell Community Centre, Bedwell Crescent, SG1 1NA</p> <p>Wellbeing Hub Providing weekly Wellbeing Hubs in Stevenage. You are welcome to join for a chat, meet new people, take part in seated exercise and get some support and advice. Locations: Symonds Green Community Centre, Filey Close, Stevenage, Herts, SG1 2JW The Community Arts Centre, Roaring Meg Retail Park, Stevenage, SG1 1XN</p> |

Exercise in the home

See page 18

Hertfordshire Independent Living Service

Active Ageing is a personalised exercise programme consisting of 12 weeks of one-to-one support delivered in your home or via video call. The Active Ageing Team consist of qualified exercise specialists, who will support you in doing either chair-based or strength and balance exercises, that aim to help you build your confidence and prevent falls.

Location: in the home

Cafés

See page 18

Healthy Memory Café

Are you worried about your memory or are you caring for a loved one who is? This is a safe space for people to drop in and chat to others and professionals for support and information.

Location: Create Community Hub, 19-29 Station Road, Letchworth Garden City, Herts, SG6 3BB

See page 18

Al's Café at The Red Shed

Providing tea and biscuits with a listening ear for carers of those living with dementia. A safe and welcoming place to come if you need advice, support or some time out.

Location: The Red Shed, St Josephs Hall, Stevenage, SG1 1NJ

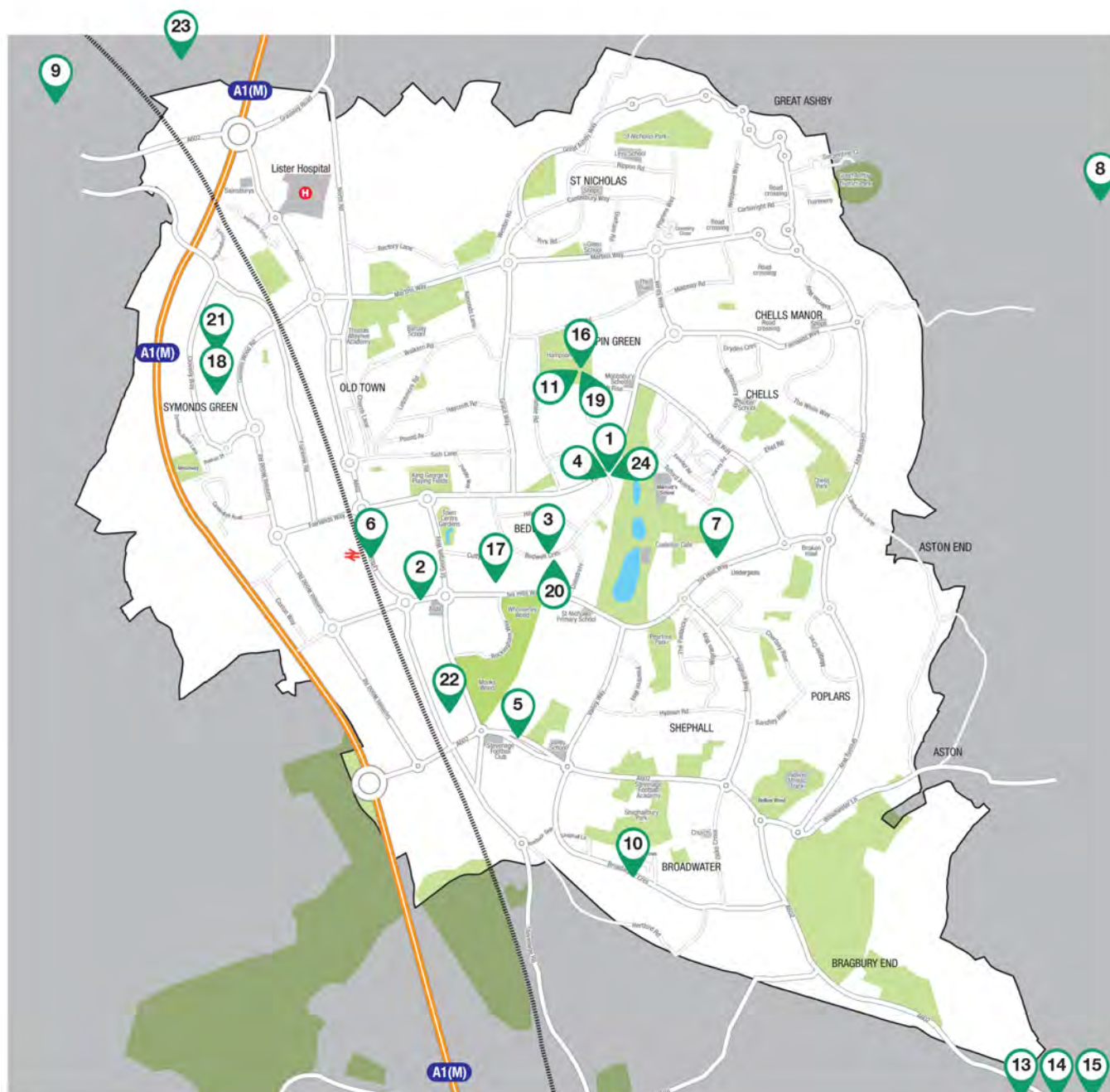
| Activity | Cost (Per session) | Parking | Online or face- to-face | Does a family supporter need to attend | Dementia group or open to all | Days and times MTWThF | Booking required? | Seating or standing | Contact details (location details on pages 6-7) |
|----------------------|--|---|-------------------------------|---|-------------------------------------|--|-------------------------|--|--|
| Gardening | Free | Yes, Free | Face-to- face | Club is designed to benefit both carer and cared for. We can accept people who are still living independently and have no carer depending on needs and abilities | Dementia | Monday: 10.30 am – 12.30 Tuesday: 2 – 4pm Wednesday: 2 – 4pm Carers group: 2 nd Tuesday of the month, 10am – 12noon | Please contact provider | Either. Accessible to people with varying levels of mobility | Su Harvey Tel: 07788 725110 Email: theredshed@gmail.com Web: http://www.theredshed.garden/ |
| Activity Pack | Free to borrow on a three-week loan and six weeks for unpaid carers. No reservation charges to unpaid carers of people with a disability | Limited on-street marked Blue Badge bays outside and standard parking bays on Southgate | N/A | N/A | Open to all | Open all week 10am – 5pm most days | N/A | Each resource has a mixture of seated and standing exercises | Hertfordshire Libraries Tel: 0300 123 4049 Email: libraries.information@hertfordshire.gov.uk |
| Strength and Balance | £3 face-to-face £1.50 online | Yes, free | Both offered | We welcome participants to bring their partners / carers if they have medical conditions that may require supervision. All we ask is that we are notified of this | Open to all | Face-to-face Tuesday: 11-11.45am (beginners) Friday: 12.45-1.45pm (intermediate) Online Tuesday: 11-12 noon (intermediate) Friday: 10-11am (beginners) | Please contact provider | Combination | Leah Casali Tel: 01438 222 222 Email: leah.casali@stevenagefcf.com or community@stevenagefcf.com Web: https://stevenagefcfoundation.com/our-programmes/health-and-wellbeing/strength-and-balance/ |
| Walking football | £5 | Yes, free | Face-to-face | If the person living with dementia requires supervision just let the contact provider know before attendance | Open to anyone over 50 | Monday: 10-11am and 8-9pm Wednesday: 10-11am Thursday: 10-11am and 2-3pm | Yes | Standing | Leah Casali Tel: 01438584019 Email: leah.casali@stevenagefcf.com or community@stevenagefcf.com Web: https://stevenagefcfoundation.com/our-programmes/coaching/walkingfootball/ |

| Activity | Cost (Per session) | Parking | Online or face- to-face | Does a family supporter need to attend | Dementia group or open to all | Days and times MTWThF | Booking required? | Seating or standing | Contact details (location details on pages 6-7) |
|-----------------------------|--|--|-------------------------------|--|--|--|---|---|---|
| Stevenage Lifestyles Gym | Pay as you go: £4.40 Monthly: £21.99 | Yes, free. For specifics: https:// www.sll.co.uk/ media/2076/ salc-lifestyles- car-parking- 2020.pdf There are 6 Disabled Bays available on London Road outside the centre. The bus and train stations are both located within 2 minutes' walk. | Face-to- face | Generally, yes, but each case will be treated individually. | Open to all | Depends on individual | Will need to complete a referral form and talk to GP | N/A | David Lenton Tel: 07912086691 Email: David.lenton@sll.co.uk Web: https://www.sll.co.uk/ exercise- referral/specialist-equipment/#main- content |
| Stepping Out | Free | Yes, free | Face-to- face | Yes | Unpaid carers and the people they care for, including people living with dementia. | Various days, usually 11am-2pm | Please contact provider. | Standing | Su, Abi or Ali Tel: 07836283566/ 07739361061 Email: hallostoppingout@gmail. com Web: https://carerssteppingout |
| Walking for Health | Free, no ongoing commitment | Yes, free | Face-to- face | Yes | Open to all | Wednesday beginners: 10- 10.30am Wednesday intermediate: 10.30-11.30am | No | Not applicable | Gerald Aldrich or Lorna Wormald Tel: 07887652192/ 01438242936 Email: leisure@stevenage.gov. uk Web: https://www.stevenage. gov.uk/leisure-culture-and- wellbeing/sport-and-leisure- services/health-walks |
| Movement to music | £5 face-to-face £4 online | Standon: street only, free Fairfield: Yes, free | Both offered | If the person living with dementia requires supervision just let the contact provider know before attendance. | Open to all (over 60s class) | Monday: 1.30- 2.30pm (Standon) Tuesday: 12.45- 1.45pm (Fairfield) Online Monday: 11 - 11.45am | Please contact provider | Accessible to people with varying levels of mobility | Hannah Reynolds Tel: 07394934911 Email: info.imaginationarts@ yahoo.com Web: https://imaginationarts. co.uk |

| Activity | Cost (Per session) | Parking | Online or face- to-face | Does a family supporter need to attend | Dementia group or open to all | Days and times MTWThF | Booking required? | Seating or standing | Contact details (location details on pages 6-7) |
|--|---|-----------|-------------------------------|--|-------------------------------------|---|-------------------------------|---|--|
| Dance for Dementia | Free | Yes, free | Face-to- face | Family supporters and carers welcome to attend. | Dementia | Wednesday: 1.30 – 3pm | Please contact provider | Accessible to people with varying levels of mobility | Hannah Reynolds Tel: 07394 934911 Email: info.imaginationarts@yahoo. Com Web: https://imaginationarts. co.uk |
| Art | £5 (suggested donation) | Yes, free | Face-to- face | The person living with dementia can come on their own or with a carer, depending on the individual's needs. | Dementia | Every other Wednesday: 1 – 3pm | Yes | Seated | Christina Armstrong Tel: 07872333437 Email: artists@openartbox.org. uk Web: https://openartbox.org. uk/ |
| Music group | £5 (suggested) | Yes, free | Face-to- face | If the person living with dementia doesn't need any personal care then the carer is welcome to use this opportunity for respite | Dementia | 1 st and 3 rd Monday each month, 2 – 3.30pm | Yes | Seated | Teela Hughes Tel: 01582250024 Email: info@music24.org.uk Web: https://www.music24.org. uk/herts |
| All Sorts Dementia (not Stevenage) | First session free then £35 a day | Yes, free | Face-to- face | No | Dementia | Monday High Cross: 11.30-4pm Sawbridgeworth: 10-2.30pm Wednesday at Essendon: 10.30am - 3pm Thursday: High Cross: 10.30 - 3pm Sawbridgeworth: 10-2.30pm | Please contact provider | Accessible to people with varying levels of mobility | Kelly Felton Tel: 01279498938 Email: Allsortsdg@gmail.com Web: https://www.allsortsdg. co.uk/ |

| Activity | Cost (Per session) | Parking | Online or face- to-face | Does a family supporter need to attend | Dementia group or open to all | Days and times MTWThF | Booking required? | Seating or standing | Contact details (location details on pages 6-7) |
|-------------------------------------|--|-----------|-------------------------------|--|--|---|--|--|--|
| Hertswise Dementia Hub | £5 Family supporters free | Yes, free | Face-to- face | They would be welcome but not essential | Dementia (diagnosis not needed) | Stevenage United Reform Church: every Friday 2pm - 4pm Hampson Park: every Thursday 1.45 - 3.45pm Symonds Green Community Association: every Wednesday 1.30 - 3pm | Yes | Mostly seated | Hertshelp Tel: 03001234044 Web: https://hertswise.org.uk/hertswise-dementia-hubs/ Or Gill Christian Tel: 0749674440 |
| GEMMS | First session is free then £30 per session thereafter | Yes, free | Face-to- face | No, but welcome | Dementia | Tuesday: 10am - 3pm Friday: 10am-3pm | Please contact provider to book | Accessible to people with varying levels of mobility | Mark Tel: 07971 986045 Email: info@gemms.org.uk Web: http://gemms.org.uk/ |
| Irish Network Stevenage (INS) | Ranges from £2 - £5, depending on activity | Yes, free | Face-to- face | The person living with dementia can come on their own or with a carer, depending on the individual's needs. | Open to all | Monday Line Dancing 1.00pm – 2.00pm and 2.15pm – 3.15pm Tuesday Beginners Line Dancing 9.30am – 10.30pm Wednesday: Tea Dance 1.00pm to 3.00pm Friday: Exercise: 11.30am – 12.30pm | Yes | Both | Elaine Connolly Tel: 01438725400 Email: info@irishnetworkstevenage.org.uk Web: http://irishnetworkstevenage.org.uk/events/ |
| Exercise at home | Free | N/A | Both offered | They would be welcome, but not essential. | Open to all (aged over 55 years) | Monday-Friday, 9am - 5pm | Yes | Accessible to people with varying levels of mobility. | Hertfordshire Independent Living Service Tel: 03302000103 Email: active.ageing@hertsindependentliving.org Web: https://hertsindependentliving.org/active-ageing/ |

| Activity | Cost (Per session) | Parking | Online or face- to-face | Does a family supporter need to attend | Dementia group or open to all | Days and times MTWThF | Booking required? | Seating or standing | Contact details (location details on pages 6-7) |
|------------------------------|-----------------------|---|-------------------------------|--|---|--|----------------------|------------------------|---|
| Wellbeing Hub | Free | Yes, free | Face-to- face | No, but welcome | Open to all | Monday at Symonds Green: 10:30am-12:30pm Monday at Roaring Meg: 10:30am-12:30pm | Drop-in | Seated | Richard Julian Tel: 07485 027596 Email: richard.julian@ghhospicecare.org.uk. Web: https://www.ghhospicecare.org.uk/supporting-you/community-hubs |
| Healthy memory café | Free | Bus stop outside and multi-story car parks available. Three hours free parking in Morrisons car park | Face-to- face | No, but welcome | Open to all | Last Thursday of every month, 10am – 12noon | Drop-in | Seated | Lucy Cosgrove Tel: 01438 792190 Email: lucy.cosgrove@ ghhospicecare.org.uk Web: https://www.ghhospicecare.org.uk/ supporting-you/community-hubs |
| Al's café at the Red Shed | Free | Free | Face-to- face | Not applicable | For carers of those living with dementia | 2 nd Tuesday of each month | Drop-in | Seated | Isobel Dunkley / Su Harvey Tel: 07788725110 Email: Isobeldunkley0509@ gmail.com or theredshed@gmail.com Web: http://www.theredshed.garden/ |



| Number on map | Activity | Location |
|---------------|-----------------------------------|--|
| 1 | The Red Shed | St Joseph's Church Hall |
| 4 | Intermediate Strength and Balance | St Joseph's Church Hall |
| 24 | Al's Café at the Red Shed | St Joseph's Church Hall |
| 2 | Activity packs | Stevenage Library |
| 3 | Beginners Strength and Balance | Bedwell Community Centre |
| 20 | Irish Network Stevenage | Bedwell Community Centre |
| 5 | Walking football | Stevenage Football Club Academy |
| 6 | Gym | Stevenage Lifestyle Gym |
| 7 | Walking for Health | Fairlands Valley, Costello's Café |
| 8 | Movement to music | Standon (outside of map area) |
| 9 | Movement to music | Fairfield (outside of map area) |
| 10 | Dance for Dementia | St Peter's Church (The Willows) |
| 11 | Open Art Box | Hampson Park Community Centre |
| 16 | Hertwise | Hampson Park Community Centre |
| 19 | GEMMS | Hampson Park Community Centre |
| 12 | Music24 | Lytton Players Theatre |
| 13 | All Sorts Dementia Group | Sawbridgeworth (outside of map area) |
| 14 | All Sorts Dementia Group | Ware (outside of map area) |
| 15 | All Sorts Dementia Group | Essendon (outside of map area) |
| 17 | Hertwise | Stevenage United Reform Church |
| 18 | Hertwise | Symonds Green Community Association |
| 21 | Wellbeing Hub | Symonds Green Community Association |
| 22 | Wellbeing Hub | The Community Arts Centre |
| 23 | Healthy Memory Café | Letchworth Garden City (outside of map area) |

Parks with Cafes in Stevenage

Fairlands Valley Park, Six Hills Way, SG2 0BL

Consisting of 120 acres of parkland, 4 lakes, conservation areas and woodland, Fairlands has a range of leisure facilities to enjoy.

Facilities: Costellos Café, shared cycle and pedestrian path throughout the park, toilets with disabled access, benches around the lakes and location for local Walking for Health group.

Costellos Café: usually open 10am-4pm, located by the aqua park and children's play area. Nearest car park is accessed via Six Hills Way. Disabled bays available.

Parking: Four free car parks (accessed Broadhall Way, Shephall Way, Fairlands Way and Six Hills Way).

Bus: The surrounding residential areas are serviced by bus routes: 4, 5, 6 and 856. More details: www.intalink.org.uk/timetables

Pedestrian access: 11 points of access around the borders of the park. Two underpasses which offer access via Six Hills Way.

Hampson Park, Webb Rise, SG1 5QU

Offering views across the town, Hampson Park is the highest point in Stevenage.

Facilities: Café (opening hours), toilets with disabled access, shared cycle and footpath throughout the park, outdoor gym, benches and sheltered seating available.

Hampson Park Coffee Shop: Opening times vary. Tel: 07732 564590

Parking: Free car parking accessed via Webb Rise. Postcode: SG1 5QU

Bus: The surrounding residential areas are serviced by bus routes: 2, 3, 7 and 384. More details: www.intalink.org.uk/timetables

Activity providers

The next print version of this resource will be updated in March 2023, but if you would like to have your service added to the website please email leisure@stevenage.gov.uk



Healthy Stevenage Partnership: Dementia sub-group

Led by Stevenage Borough Council Sport & Leisure team, the group was established in 2021 in support of the Healthy Stevenage Strategy. The group consists of internal and external partners involved in Dementia work across the district.

If you would like to know more about the group please email leisure@stevenage.gov.uk

University of Hertfordshire UH

Research at the University of Hertfordshire

This resource is informed by research from the University of Hertfordshire. For more information please contact Rebecca Hadley, Elspeth Mathie or Elizabeth Pike.

rebeccahadley3@gmail.com

e.j.mathie@herts.ac.uk/ 01707 281090

e.pike@herts.ac.uk

<https://bit.ly/DEMCOMactive>



Further support and information HertsHelp

An independent information and advice service linking into both the community and statutory organisations. They will listen to you and help you find the support and information you need - for all aspects of life.

Call 0300 123 4044 or email info@hertshelp.net



Acknowledgments

The support of the Economic and Social Research Council (ESRC) is gratefully acknowledged. Funding has been awarded by ESRC/UK Research and Innovation, Industrial Strategy Challenge Fund, Healthy Longevity Global Competition, Healthy Ageing Catalyst Award.



NIHR Funding: This is a summary of independent research supported by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration (ARC) East of England.

NIHR Disclaimer: The views and opinions expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.



This version was published May 2022. To the best of our knowledge the information is correct at time of printing. Please check with providers in case of changes.