

Dementia-friendly activities in Stevenage



easy
read



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In this Easy Read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.



Some words are blue and underlined. These are links which will go to another website which has more information.

Introduction



Stevenage Borough Council and University of Hertfordshire have been looking into activities for people with **dementia** in Stevenage.



Dementia is a condition that affects your brain over a long period of time. It affects your memory, thinking and behaviour.



We have been speaking to people living with dementia, their friends and families and people who run activities.



This information will tell you about:

- What life is like for people living with dementia.
- Lots of dementia-friendly activities for people to take part in Stevenage.



What we did



We asked people who have dementia about physical activities they have taken part in.

We:



- Did an online survey with dementia friendly areas.



- Asked about what kinds of activities there are for people with dementia to move around and be active.



- Talked to people living with dementia and their families.



- Talked to people who do activities with people living with dementia.

What people told us

People told us a lot about activities for people living with dementia, like:

1. Ways to get moving around can include:



- Walking.



- Gardening.



- Doing arts and crafts.



- Dancing.



2. Activities are good if they are fun and people can chat to each other.



3. Some groups or organisations arrange activities, like:

- Exercising when you are sitting down.



- Cricket.



- Support at the gym or swimming pool.



4. Activities can be in lots of different places, like:

- A local hall.



- Your home.



- Somewhere public, like a park.



5. It is good to know about the toilets and parking where an activity is.

6. There are lots of things that make people more likely to do an activity, like:



- Having a family member or dog with you.



- Taking photos on a camera.



- Having a step counter, like a Fitbit.



- Making the activity part of daily life, like going shopping or to the post box.

Activities in Stevenage

There are lots of different activities to do in Stevenage.



But people don't know how to find out about them.



There isn't one place you can go to search for activities.



Not everyone uses the internet.



What people said should happen



Ideas about activities in Stevenage for people with dementia included:



- Making sure that there is money from the council or other organisations for activities in Stevenage.



- Having support and training for organisations to make activities dementia-friendly.



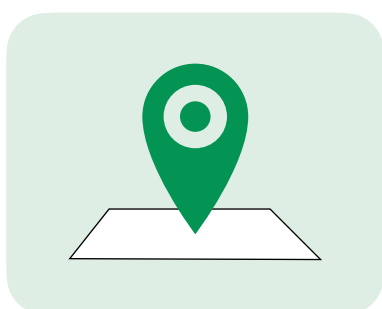
- Giving information about activities through services like the NHS and social care.

List of activities



Here is a list of activities that are good for people living with dementia.

We have split the activities into different types.



We will tell you:

- Where you can go to do each type of activity.



- Who you can contact to find out more about the activity.

Gardening



You can do gardening at The Red Shed.

There are activities for people living with dementia with trained staff.



The Red Shed is on Bedwell Crescent, SG1 1NJ.

Contact Su Harvey:

- Telephone: 07788 725 110
- Email: theredshed@gmail.com
- Website: www.theredshed.garden



Activity Packs



There is an information pack called Move it or Lose it, about stopping people having a fall.



You can borrow the pack from your local library.



Contact Hertfordshire Libraries:

- Telephone: 0300 123 4049
- Email:
libraries.information@hertfordshire.gov.uk

Exercise



There are different exercise classes for older adults with a qualified coach.

It is suitable for people who haven't done any exercise for a long time.



Beginner classes are at Bedwell Community Centre, Bedwell Crescent, SG1 1NA.



More **experienced** classes are at St Joseph's Church Hall, Bedwell Crescent, SG1 1NJ.



Experienced classes are for people who have done the classes before and feel confident.

Contact Leah Casali:

- Telephone: 01438 222 222
- Email: leah.casali@stevenagefcf.com



Walking football



This is a slower type of football for anyone who wants to play.

You don't need to have any experience to join in.



It is at Stevenage FC Academy, Broadhall Way, SG2 8NP.

Contact Leah Casali:

- Telephone: 01438 222 222
- Email: leah.casali@stevenagefcf.com



Going to the gym



You can go and use special gym equipment, like an exercise bike.

There will be trained staff who can help you use the gym.



This is at Stevenage Lifestyles, Stevenage Arts and Leisure Centre, Lytton Way, SG1 1LZ.



Contact David Lenton:

- Telephone: 07912 086 691
- Email: David.lenton@sll.co.uk



Walking

There is a free service called Walking for Health to help people get outdoors and move around.



It is a friendly group with **volunteer** leaders.

Volunteers are people who give their time to help without getting paid for it.



The group meets outside Costellos Cafe, Fairlands Valley Park, Six Hills Way, SG2 0BL.

Contact Gerald Aldrich or Lorna Wormald:



- Telephone: 07887 652 192 or 01438 242 936
- Email: leisure@stevenage.gov.uk

Dance



There is a dance class called Movement to music.

These classes try different types of dance with a qualified teacher.



The classes are open to older adults and there is time to chat at the end.



There are face to face classes and online classes.



The classes are at 2 different places:

- Standon: The Village Hall Standon, Hadham Road, Standon, SG11 1LE.
- Fairfield: Fairfield Community Hall, Kipling Close, Fairfield Park, SG5 4GY.



There is a dance class called Dance for Dementia.

This is for people living with early to mild dementia.



These classes help you to get stronger and have better balance.



The classes are at St Peter's Church hall, The Willows, SG2 8AN.

For either dance class please contact Hannah Reynolds:



- Telephone: 07394 934 911
- Email: info.imaginationarts@yahoo.com



Art

There is an art group called Open Art Box.



This is for people with early-stage dementia and their carers.

You will be supported by artists and try doing different art in a fun way.



This is at Hampson Park Community Centre, SG1 5QU.

Contact Christina Armstrong:

- Telephone: 07872 333 437
- Email: artists@openartbox.org.uk





Music

Music24 is a music group for people living with dementia and their family.



It is at The Stevenage Lytton Players Theatre, SG1 5PZ.



Contact Teela Hughes:

- Telephone: 01582 250 024.
- Email: info@music24.org.uk

Exercise at home



There is a service called Active Ageing. This gives you 12 weeks of one to one support in your home or on a video call.



The Active Ageing team will help you to do exercises in your chair or exercises that help stop you falling over.



Contact Hertfordshire Independent Living Service:

- Telephone: 0330 300 0103
- Email: active.ageing@hertsindependentliving.org.uk



Fun activities

There are lots of different groups that do fun activities.

All Sorts Dementia Group

This is a service giving fun and interesting activities with lunch included.

This is for people with mild to moderate dementia who can be part of a group activity.



These are at different places in Hertfordshire, not Stevenage.



Contact Kelly Felton:

- Telephone: 01279 498 938.
- Email: allsortsdg@gmail.com

Hertswise



This is a local group doing activities that are fun and help you to meet new people.

They happen at different places in Stevenage.

Contact Hertshelp:

- Telephone: 0300 123 4044



GEMMS



This is a chance to meet and chat with others.

It helps people with dementia live in their local area for as long as possible.



It is at Hampson Park, Webb Rise, SG1 5QU.

Contact Mark:

- Telephone: 07971 986 045
- Email: info@gemms.org.uk





Irish Network Stevenage

This group does different activities like line dancing, bingo and tea dances.



This is mostly at Bedwell Community Centre, Bedwell Crescent, SG1 1NA.



Contact Elaine Connolly:

- Telephone: 01438 725 400
- Email: info@irishnetworkstevenage.org.uk



Wellbeing Hub

This is a chance to have a chat, meet new people or get support or advice.



Contact Richard Julian:

- Telephone: 07485 027 596
- Email: Richard.julian@ghhospicecare.org.uk

Cafes

There are 2 cafe groups that you can go to.



Healthy Memory Cafe

If you are worried about your memory you can come and have a chat.

You can get support and information from professionals.



This is at Create Community Hub,
19-29 Station Road, Letchworth
Garden City, SG6 3BB.

Contact Lucy Cosgrove:

- Telephone: 01438 792 190
- Email:
Lucy.cosgrove@ghhospicecare.org.uk





Al's Cafe at the Red Shed

You can get tea and biscuits and chat to someone.



This is for carers of people living with dementia.

This is a safe and welcoming place to come if you need support or a break.



Contact Isobel Dunkley or Su Harvey:

- Telephone: 07788 725 110
- Email: isobeldunkley0509@gmail.com

Parks with Cafes in Stevenage

There are 2 parks with cafes in Stevenage with free parking and toilets:



- Fairlands Valley Park, Six Hills Way, SG20BL.
- Hampson Park, Webb Rise, SG15QU.

For more support and information:



HertsHelp is an advice service. They will listen to you and help you find the support you need for any part of life.



You can go to their website:
<https://www.hertshelp.net/hertshelp.aspx>



You can contact HertsHelp by:

- Phone: 0300 123 4044
- Email: info@hertshelp.net